

## Breakfast Mover

These breakfasts have been designed for those wanting to improve digestion, have a steady supply of energy in the morning, visibly healthier skin and improved elimination. They require minimum preparation and are ready to be taken in the morning.

Note : Clients on an 'Anti-Candida' or similar restricted diet's please use Rice milk, Oat milk, Soya milk or water to cover and soak oats, only after you're initial 4- 6week clearing would it be wise to add the fruit juice or soaked dried fruits. If diabetic go easy on the fruit juices and syrups in these recipes.

**In the evening** prepare a large cup or medium bowlful of oats, jumbo oats are best (Holland & Barratt/ Health shop).

Mix with:

- Apple, Orange or other Fruit juice (Organic where possible and not from Concentrate), you can dilute as desired, or try the above mentioned milks or water.**
- **Options for adding to the mix: Organic Prunes, Figs or Apricots (up to ½ cup, chop them up if you prefer).**
- **½ cup of Sunflower/Pumpkin seeds or Flax powder.**
- **Leave these overnight.**
- **In the morning add 1-2 tablespoons of Bio-live Yogurt (if desired, or you might choose to try Yofu yogurt).**
- **You may alternatively add your Probiotic capsule or supplement/ protein powders.**
- **Add 1teaspoon or tablespoon of cold pressed Flax oil, Udo oil or Red Palm oil for nutritional taste and health.**

Either make this into a shake by blending or just eat as you would have eaten porridge or cereal out of your favourite cereal bowl. Warming this mix in the winter is fine but put the Yogurt and Flax Oil on after if that is the case. Soak more dried fruit if you want it later for snack food.

## Rice Pudding Compote

This recipe is nice made fresh and served warm, but is also equally nice if served from a supply you already have.

**Place brown rice (enough for 1-2 days helpings) into bowl/jug, always rinse, preferably in boiled water, then leave to soak with more boiled water. Ideally soak for approx 12 – 24 hours, (even if you only rinse and soak the rice for an hour or two it will quicken cooking time). If you do not find time to pre-soak just follow cooking instructions on packet.**

- **Prepare alongside this a cupful or small bowl of dried fruit (natural non-sulphured varieties) do the same as above wash and soak with boiled water and leave in the cup or bowl– try Figs, Apricots, Dates or Raisins, again soaking for the same time as the rice.**
- **The next morning cook the Brown rice – approx 20-25mins until soft or less if you like it more 'nutty'- it can be cooked the night before if you prefer as long as it has been pre-soaked in the day. Keep it topped up with boiled water whilst cooking but not too much and drain off any excess water after cooking.**
- **When you dish up your Brown rice add the pre-soaked, plump dried fruit or just add the flavoursome syrup if you wish to save the fruits for later.**
- **You can add a few spoonfuls of 'Yeo Valley' Plain Bio-Live Yogurt, Yofu (Soya Yogurt), Rice milk, Oat milk or just add Flax oil and pinch of lecithin. You could even add a handful of muesli or crumbled oat cakes.**
- **If you prefer savoury flavours use a little Sea salt or Himalayan Salt and Flax oil or maybe a little bit of tahini or houmous.**

**Notes regarding 'Handouts' and Advice:** We all have individual needs and these guidelines are just to help highlight methods toward organising yourself and feeding yourself with all the right things. You should begin to feel the changes in healthier eating are entirely possible to use in your daily life, with growing ease and consistency. All the health changes can be incorporated with family or on social occasions. Any changes should feel positive and manageable to you.

It takes a while to get into the swing but just keep going after any 'blip' period large or small! And make the dietary advice your own through listening to your body and cultivating your instincts and creativity around food that is right for you.

#### **Typically good diet:**

**Breakfast:** Either recipe mentioned or similar mixes. If you want a lighter breakfast fruit and plain yogurt are fine.

**Lunch:** Alternative to sandwiches, wheat foods are best created by making a nutritious Brown Rice dish with salad / avocado or veggie mix. Try Rocket, Watercress, lettuces, Beetroot, Green peas / beans with Houmous, Flax oil, Avocado or a tin of oily fish, herbs or sea salt. Otherwise have a sweet compote dish like the breakfast recipes. Tupperware is needed!

**Between meal snacks:** These can be seen on the **A-Z** shop list

**Dinner:** Have a fresh salad with dinner when possible including avocado again if you like and use a couple of types of veggies: either raw, stemmed, in a stir fry with dinner as often as possibly, daily preferably. Serve with fish to create a simple, light and nutritious dinner. Try to regularly include brown rice dishes for dinner, you could mix with pulses, peas, beans to make dhal or Thai type dishes or combine with any kind of fish, veggies or salad mix. (use Poultry and Red meat moderately).

**After dinner** Always try and wait a few hours if you like a little something late evening, you could graze on anything you are preparing for the next day (such as Breakfast recipe foods) or maybe just go for refreshing fruit for a nice vitamin fix to support body repair during your sleeping hours, very helpful for the next day ahead.

**Remember** too much fruit taken throughout the day can create trapped gas, discomfort and ironically can cause constipation. Don't bloat out on lots of fruit or veggies in one go portion size is crucial no matter what food type!

# A-Z Health

## Breakfast Recipes and Eating Advice

Two tasty recipes, yours to play with, you will see how simple all this is if you have a go, it sounds far more complicated and time taking than it actually is!

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**Keep your body hydrated** drink plenty of water through the day 1.5 to 2 litres is ideal. A tip is to take water first thing on rising, to trigger your natural thirst and orientation towards healthy foods for the rest of the day. If you drink a decent amount of water first thing you will naturally desire water throughout the rest of the day. This is a fact and water will be craved the more you drink it. Taken first thing water kick starts metabolism, elimination and helps clear the head.

**Using Brown rice** regularly is a must if you want to see overall health improvement. Brown rice might sound boring but it is versatile and can be very enjoyable, you can even use it for breakfast. See 'Compote' recipe inside and also try the oat based recipe as an alternative to wheat cereals. Both suggested recipes require soaking overnight.

**Smoothies** similarly made to the 'Breakfast Mover' overleaf are a good nutrition option at any point in the day. Remember if you feel bloated or gassy on healthy foods, it is just the case of 'too much of a good thing' or too much of a mix of good things in one go!

**Other Options:** see what Muesli's and natural, alternative grains your local health food shop has to offer. Simple fresh or stewed fruit is fine if you do not have an appetite – but avoid mixing fruit with cereals or other foods, plain yogurt is ok. Now for weight loss do not fall into the trap of eating fruit all day and nothing else until dinner as you will get bloating and be prone to overeating and poor digestion.