

NUTRITION BY NATURE

NATURAL HEALTH CLINIC

www.nutritionbynature.co.nz

Swap Outs

BREAKFAST

B

Poached Eggs, Boiled Eggs
Omelette
Salmon with wilted spinach
Mushrooms on wholegrain toast
Pre-soaked overnight porridge (recipe on blog)
Mashed banana & Cinnamon Omelette
Left over meat, grilled tomato, spinach
Peanut butter on wholegrain toast with banana.

MT

MORNING TEA

Herbal Tea; peppermint curbs cravings
Protein smoothie
Chia seed pudding (see recipe on blog)
Dates stuffed with nut butter, peanut
Hummus & carrot sticks
Tuna on brown rice crackers
Roasted Pumpkin & Sunflower Seeds (recipe on Blog)

L

LUNCH

Add protein to every lunch;
Choose wholegrain sourdough breads or no bread at all.
Beef, Chicken, Prawns, Mussels, Tuna, Nuts, Seeds, Eggs, Beans, Lentils, Quinoa.
Add in vegetables, leafy greens are great, roasted veges.
Soups, stews are easy to digest.

AT

AFTERNOON TEA

Check out Morning Tea for ideas
Bliss Ball made with nuts
Raw slice
Dark Chocolate, 70% and about 2 cubes.
Cacao hot choco using unsweetened nut milk (teaandchai.co.nz)
Toasted nuts and seeds

D

DINNER

Add protein to every dinner;
Beef, Chicken, Prawns, Mussels, Tuna, Nuts, Seeds, Eggs, Beans, Lentils, Quinoa.
Add in vegetables, leafy greens as much as possible.
Eliminate fried foods.
Add in cold pressed olive oil drizzle on vegetables & salads. Add in lemon, herbs.
Have brown rice, quinoa (presoaked overnight then cooked. Swap to sweet potato rather than white potatoes.

Soups, stews are easy to digest especially beneficial if you have digestive issues.

PLAN

A more sustainable approach is to start slow. Start with number one.

1. Make a meal plan & shop for this.
2. Remove refined & processed foods from pantry.
3. Add protein to each meal
4. Reduce consumption of liquid during meals this reduces stomach acid..
5. Make healthy snacks and start your own recipe folder. Start sharing your recipes.
6. Reduce your plate size if wanting to lose weight, so your plate looks fuller.
7. Breath deeply before eating your meal this will increase digestion.