

Your Real Health and Wellness

TRANSFORMATION TOOLKIT

WELLNESS TIPS

The 10 most important things you need to know to be well and happy

3-DAY DETOX MEAL PLAN

Complete 3-day meal plan with menus, shopping lists and delicious recipes

BONUS TOOLS

Kitchen detox tips, bonus recipes, top immune-boosting foods and more



“Health is a complete state of physical, mental, and social well-being, and not just merely the absence of disease.”

World Health Organisation

hello you!

I am so happy that you are about to discover how well and happy you can be. I know only too well that feeling of powerlessness and overwhelm that comes from struggling with stubborn health and weight issues, but that's already on its way to becoming ancient history for you! So let's not waste time talking about it, let's focus on the future you!

In this Transformation Toolkit you will find everything you need to experience just how healthy and happy you can be. It includes:

1. My Top 10 Transformation Tips to help bring energy and power back into your life
2. A 3-Day Wellness Kickstarter programme
3. Sample menu plans
4. Home and kitchen detox tips
5. The 5 most important foods that should be on your plate every day
6. Shopping list



YOU ARE

AMAZING!

You will also start receiving some regular updates, insider tips and tricks, delicious and practical recipes and motivation to keep your own transformation ticking along nicely.

If you find this useful, have any questions, want to share your own experiences and celebrate your successes, you know what to do! – Go to realhealthandwellness.com and tell me all about it.

*the 10 most
important things
you need to know
about health, well-
being, losing weight
and feeling fab.*



1

UNLEARN MOST OF WHAT YOU HAVE LEARNED UP UNTIL NOW

If you're anything like me and have survived the dieting wasteland that has been the last 40 years, you will have internalized all sorts of wrong thinking about what is healthy and how to lose weight. People will have talked patronisingly about how energy 'in' has to equal energy 'out.' This will have made you feel that any weight or health problems were of your own making, that you were simply eating too much. You will have been made to feel terrified of fat and confused about just about everything else.

Relax, together we can take this a step at a time and work out just what your body needs in order to feel at its best and most powerful.

Each of us is unique and what works for one person will not necessarily work for anybody else. Be patient, invest a little bit of time in working out what your body needs and the benefits will last a lifetime. Within your own body is all the wisdom you need to work out your own best health protocol, all you need to do is tap into that wisdom and I'm here to show you how.

2

CALORIE SCHMALORIE

Not all calories are created equal.

Some calories are completely empty, confuse the heck out of your poor body, wreak untold damage and create a cascade of nasty effects and symptoms throughout your system. Other calories are richly nutritious, bathe every cell in the goodies that they need and calm your entire system. I know which sort of calories I want to be eating, and I am pretty sure you do too. So, from now on, stop counting calories and start thinking about how much nutrition is in the food you are eating. In fact, just stop thinking about calories altogether.





3

THE SKINNY ON FAT

For years we have been whipped up into a frenzy of fear about fat. A whole industry has sprung up around producing low fat / low cholesterol products that many of us have been consuming in the belief that they were doing us good. Unfortunately, they have been doing us exactly the opposite of good. Full of sugar, unpronounceable ingredients and refined carbs, these products have been teaching our bodies all sorts of bad tricks. Now is the time to unwind all that and start giving your body real food that it understands and knows what to do with.

I'm not talking about those industrialised vegetable oils (sunflower, canola, maize etc) that come in plastic bottles. They are a modern invention, full of oxidised compounds.

The good fats I'm talking about come in the sorts of foods our ancestors ate and thrived on - nuts and seeds, eggs, butter, grass fed animals and oily fruits like olives and avocados.

When it comes to fats, our body needs them desperately – our nerves and brain cells are composed of and protected by fats. Cholesterol helps us manufacture and regulate our hormones and important minerals and vitamins which are fat-soluble depend on our consumption of fat to be transported around the body. Most important of all, our metabolisms are designed to benefit most when we get our energy from fat.

What our body does not need however is chemically extracted, overheated, hydrolised or otherwise tampered with fats – industrially mass-produced cooking oils, margarine (of any description), processed mayonnaise etc.

Instead, enjoy the lovely benefits of natural cold pressed nut and seed oils, nut butters, olives, avocados and animal fats from pastured animals. These foods are rich in wonderful Omega 3's and important vitamins and minerals. Your body will recognize and welcome these real foods and knows exactly how to work with them to make you feel at your best.



4

SUGAR – THE BITTER TRUTH

Compared to fat, sugar is relatively low in calories and for years we have been told that carb heavy sweet products with reduced fat were ‘healthy.’ As we are beginning to understand, that is all a big fat lie.

Sugar is massively confusing for our bodies. It provides a sort of evolutionary cheat-sheet mechanism that, while life saving when we were hunter-gatherers, now just makes us into fat-storing machines. The details are complicated and I won’t go into them here, but the simple fact is that sugar makes us fat. It also makes us ill. Sugar is highly inflammatory, messes with our endocrine systems and de-stabilises our natural ability to regulate our appetites.

If you do nothing else, cut down on sugar as much and as quickly as you can.

Unfortunately, cutting sugar is one of those very simple things that is not at all easy to do, so stick with me and I will give you all sorts of tips and tricks on how to manage this one – it’s a very important aspect of the new powerful (sugarless) you.



5

DO YOU HAVE A BEEF ABOUT PROTEIN?

Protein is very, very important to us, especially as we get older. Not only do we need protein to build muscle and bones, we also use individual amino acids found in protein to fuel our energy production and our waste elimination (detoxification) processes.

Protein is indeed one of the building blocks of life and that's why it is in everything you eat – every plant, grain and vegetable contains protein. But the highest quality protein, containing all 9 amino acids, essential vitamins like B12 and Omega 3 fats comes from animal protein - meat and fish. Build as much plant-based protein into your life as possible including beans, whole grains, legumes, vegetables, fruits and nuts but don't discount the very real value of meat.

When you do eat meat or fish, it is worth getting the best you can afford – opt where possible for locally grown, organic produce that has been humanely reared and grass fed.



6

GET IN THOSE GREENS

The simple fact is that it is impossible for us to eat too many veggies. Whatever form they come in – leafy, knobbly, long and thin or short and fat – vegetables are nutritional powerhouses.

They are all packed with tiny little nutritious depth charges called phyto-nutrients that every single cell in our body loves and thrives on.

There are so many different phyto-nutrients (think about all the wonderful colours that you can see on a vegetable market stall) that scientists haven't yet been able to map them all. What they do know is that the more the merrier. Every single little phyto-nutrient that we can cram in will do us a power of good and, excitingly, they all have a compound effect on each other which means that 2 plus 2 equals much more than four.

Vegetables also have the huge added benefit of being rich in fibre, which not only speeds things along the digestive tract, absorbing toxins along the way and escorting them out of the body, it is also an important prebiotic, but more on that later.

But, like calories, not all vegetables are created equal. Until relatively recently all produce was organic, but in the last few decades industrialised farming has become the norm. On the whole, it makes sense to reduce your exposure to unknown chemicals as much as possible, and certainly to avoid GMO products whenever you can so, the recommendation is to go for organic, locally grown produce wherever possible.

7

GUT INSTINCTS

Amazing things are being discovered about your gut, even as you read this. It was only 3 years ago in 2013 that the real significance of what goes on in your tummy began to be understood. What we are beginning to realise is that the health of your tummy is integral to the health of you as a whole.

Up to 80% of your immune system resides in your gut.

Throughout the length of your GI tract there are millions and millions of nerve systems that communicate on a nano-second by nano-second basis with your brain and other bodily systems.

Your gut is populated by millions and millions of bacteria which, when we give them the right tools, ie the right food, work in total harmony with our bodies to protect, nourish and soothe our entire being.

What those bacteria need is lots of veggies as they love to eat the fibre that we can't digest ourselves – what they don't like is too much medication (including the obvious one, antibiotics), sugar or refined carbohydrate (at least the good ones don't). Unfortunately, there are some bad guys down there who love sugary stuff and unfortunately, they are very clever at using the gut/brain communication channels to convince you to eat more. That's one of the reasons why sugar is so hard to quit. The trick is to give the good guys as much as you can of the stuff they like to eat – the soluble fibre you find in plant-based foods – and starve out the bad guys by refusing them all those sugary sweets and treats they love.



GRAIN – DRAIN

8

For some of us, it is not enough to cut back only on refined carbohydrates. We also need to think carefully about the amount of wholefood grains we are consuming as well.

The big suspects are the gluten grains – wheat, barley, oats and rye. Gluten is the protein in these grains that the body finds very hard to break down into small enough pieces to be able to absorb.

Gluten confuses the immune system, which gets thrown into alert.

If this happens, eating gluten causes a cascade of different and unpleasant symptoms from IBS and bloating, through to weight gain, skin issues and even depression. In extreme cases, the body is highly sensitive to these proteins and people can suffer from a severe form of gluten intolerance such as celiac or Crohn's disease.

For others, their systems have become so resistant to insulin (the hormone we produce to help our bodies manage sugars in our blood) that even the slightest whiff of any carbohydrate tips the body into fat storage mode.

For people with celiac or Crohn's disease the only option is to give up gluten completely. For the rest of us, giving the body a rest from all starchy carbohydrates for a period of time (how long will depend on each of us) may be beneficial and help reset and calibrate the system.

The trick is to be sensitive to what your brilliant body is telling you – every little discomfort or depression of mood is a message from your body pointing out a problem that needs to be addressed. Learning to listen to those messages is half the battle to being as well and happy as you can be.



9

MILKING IT

Dairy is another contentious issue. Apart from the cruelty involved in industrial dairy farming, milk is designed to make baby cows grow into big cows as quickly as possible. It is full of compounds that sedate the baby cow to make it want to drink more, as well as hormones designed to make it grow as quickly as possible. And into that the residue of hormones given to the cow to keep her lactating as long as possible as well as the antibiotics used as a matter of course, and industrial milk becomes a product to be wary of.

Most adults do not have the necessary enzymes to digest milk properly.

Our systems are designed to only need milk when we are babies) and this becomes increasingly the case the older we get. This is why a lot of people develop dairy intolerance as they get older.

In addition milk, and especially its concentrated form of cheese, is mildly addictive. Those compounds that are designed to make the baby calf want to suckle, have the same affect on us.

Milk is also very carb heavy, so all in all it is worth cutting back on milk and dairy consumption as much as possible. Whenever you can, opt for organic milk and dairy products from pastured cows.

10

TOXIC SHOCK



Every day we are exposed to compounds that our body has to work hard to dismantle and eliminate from our systems. If the detox pathways have too much to do they become congested and the job doesn't get done properly. It makes sense that the least amount of stressors you can put on your body, the healthier and more relaxed it will be.

Wherever possible, reduce your exposure to toxic substances.

Do not put hot food in plastic containers, read the labels on your cosmetics and avoid products that contain phthalates, parabens and other petrochemicals that may cause cancer. Cut down on processed foods that contain bromides and chlorides, drink filtered water to reduce your exposure to fluoride (and maybe look at the toothpaste you are using). Unfortunately, the seas have also become contaminated so think carefully about eating farmed fish or large predators such as tuna which may contain high levels of mercury.

A lot of these compounds which are foreign to our bodies get misread as xenoestrogens and disrupt all our natural hormone regulation systems. Health and weight loss depend on a calm system that is not constantly thrown into high alert by alien substances, so every little thing you can do to reduce your exposure to these substances will be doing your body a huge favour and it will repay you in kind.

summary of 10 transformation tips

1. Forget everything you have learned and start again by listening to your body
2. Forget about calories
3. Up your intake of quality Omega 3 fats and reduce your intake of industrialised oils and margarines
4. Cut right back on sugar and refined carbs
5. Reduce your meat consumption
6. Eat more veggies than you imagined possible
7. Feed the good bacteria in your gut with plant-based fibre and starve out the bad guys by cutting down on sugar
8. Reduce your carbohydrate consumption as a whole and replace refined and processed carbs with whole grains
9. Cut down on dairy produce
10. Be aware of your exposure to environmental toxins and reduce that exposure as much as you can. That is half the battle to being as well and happy as you can be



This transformational kickstarter programme has been designed to get you thinking about food in a different way. Filling and delicious meals that will load you up with nutrients and start the process of weaning you away from all those foods that confuse your body, cause cravings and set you up for feeling tired and unwell.

By following this simple plan you will automatically be eating all the things that are very, very good for you, that fight inflammation and nurture your tummy. It is a gluten and dairy free diet, but you will be amazed at how little deprivation there is! Not a single empty calorie in sight and lots of filling foods that will satisfy your hunger.

All recipes are easy to prepare and the lunch

menus have been designed to be as portable as possible so you can take them into work if needs be.

The truth is, that a healthy eating plan requires a little bit of thinking and preparing ahead but the upside is so amazing that it is definitely worth the effort. It's all part of going back to the sort of healthy eating plan that our bodies are designed for and for which they will thank you with glowing skin, shiny hair, easy fitting clothes and much, much better health and well-being.

Please bear in mind that this is a wellness programme, not a weight loss programme, but you will be surprised how much weight you can lose when you eat this way for a sustained period (I lost 30lbs). The important thing is how it makes you feel. And this is only the beginning. It takes two weeks for your skin and taste buds to change and about 4 weeks for the detox process to be complete. But dive in and give it a go and let me know how you feel once the three days are over. If you want to take it deeper, you can always schedule an initial consultation and we can tailor-make a programme just for you.

SO --- HERE IS YOUR 3-DAY TRANSFORMATION MENU PLAN!

Lots of variety here and feel free to mix and match and swap things around as much as you want. The golden rules are:

1. Try to avoid snacking as much as possible and, if you can, leave 3 hours between each time you eat to allow your gut to clean itself between meals
2. Whenever possible, eat your last meal at least three hours before bedtime.
3. Drink as much water as you can, as early as you can in the day
4. Avoid coffee if possible, but enjoy as much green tea as you like
5. Try and take some form of exercise every day, even a 20 minute walk will do you the power of good

This meal plan delivers 360° nutrition with lots of protein, healthy fats, vitamins and phyto-nutrients, minerals and fibre to give your body everything it needs. With flavours from all round the world. I don't think you will be bored either.

What I have crowded out of this meal plan is all the refined carbohydrates and processed food that your body can't understand and doesn't need.

What you have here are only things that can do you good. Enjoy! And Prüv just how easy it can be!

MEALS	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	Inflammation Busting Smoothie	Alkalisig Green Smoothie	Coconut, rice and chia porridge with berries
LUNCH	Lentil and broad bean salad with heaps of greens	Bean and tahini dip with crudites and Paleo flatbread	Cleansing green soup with flax Bread
TREATS	3 Amazeballs	Apple with nut butter	2 large squares 70% dark or raw chocolate, small handful of walnuts
SUPPER	Baked Thai salmon with steamed veggies and brown rice	Buckwheat (kasha), kale and mushroom risotto	Veggie Aztecbowl with quinoa, beans and roasted veg.
NOTES	Cook double quantity of brown rice to use in your porridge on Day 3 (keep in the fridge).	Save half the bean dip to make delicious falafels. (Recipe also included in the bonus section)	You can swap out the Quinoa for some grilled organic chicken if you feel like it.



BREAKFAST

Smoothies are a great way to start the day with maximum nutrition, fibre and antioxidant goodness. The two smoothies here, and the variations you can play with indefinitely, will help you build your own smoothie repertoire. And because we all need something really filling occasionally, I have included a wonderful Brown Rice Porridge recipe that is based on Congee, that great staple of Chinese breakfasts.

LUNCH

Light, but heavy on the plant based foods and easily portable have been my mottos for these lunch ideas. Loaded with flavour and interest, these lunches will keep you going through the afternoon and, combined with the other foods in this plan, will start to help you overcome that mid-afternoon dip.



TREATS

We all need a little something to look forward to, and if you want to put in a little extra work, check out the bonus recipes in this toolkit – some really yummy, healthy and ridiculously indulgent goodies in there. And all of them without any refined carbs or sugars. Guilt-free wonderfulness! You can eat your treats whenever you want – just try to stick to the 3-hour rule if you can.

SUPPER

The earlier you can eat your supper, the better. The longer you can leave between eating and going to bed, the more your body will thank you. With that in mind, these suppers are designed to be protein-dense and carb-light to help your body burn fat at the end of the day.

inflammation busting **SMOOTHIE**

MAKES ENOUGH FOR TWO SMOOTHIES



INGREDIENTS

1 medium banana
2 slices fresh pineapple
1 tsp fresh grated ginger root
1 small fresh turmeric root (or half tsp turmeric powder)
1 cup coconut milk kefir*

Ring the changes with some of these!

1/2 fresh mango
blueberries
raspberries
strawberries
goji berries

1 ————— 2 ————— 3 ————— 4

Check pruv.co.uk for details on making kefir and other ferments.

If you don't have coconut milk kefir, plain coconut yogurt will do.

Put all ingredients into the blender.

Whizz until desired consistency is reached. (Personally, I don't like to overwork smoothies too much).

Pour into large glass and enjoy!

*For more information on making kefir and other ferments, head over to realhealthandwellness.com

alkalising green **SMOOTHIE**

MAKES ENOUGH FOR TWO SMOOTHIES



INGREDIENTS

1/2 avocado
1/2 banana
1" fresh ginger root
1 cup chopped cucumber
1 cup kale leaves
Juice of one lime
1 cup coconut water

Also experiment with some of these!

fresh pineapple
green apple
lettuce
parsley
cabbage
lemon
kiwi fruit

1

Wash kale and cucumber carefully (wherever possible use organic kale) and chop ginger.

2

Put all ingredients into the blender.

3

Whizz until desired consistency is reached. (Personally, I don't like to overwork smoothies too much).

4

Pour into large glass and enjoy!



INGREDIENTS

100g cooked brown rice
1 tablespoon chia seeds
1 tablespoon ground flax seeds
Half can coconut milk
Mixed berries
Five or six almonds, chopped

1 ————— 2 ————— 3 ————— 4

Put cooked rice, chia seeds, flax seeds and coconut milk in small saucepan and bring milk to simmer.

Cook gently until all milk is absorbed and rice takes on porridgy consistency.

Wash and pick over berries.

Serve porridge in the bowl and decorate with the berries, add dollop of coconut cream if desired!

lentil, broadbean & squash **SALAD**

SERVES 2



INGREDIENTS

100g raw weight lentils
100g fresh or frozen broad beans
100g butternut squash or pumpkin
2 chopped spring onions
8 diced cherry tomatoes
1 large handful roughly chopped coriander
1 tblsp chopped chilli

1 tsp cumin
1 clove of garlic
Juice of one lemon
Quarter cup extra virgin olive oil
Salt and pepper to taste

1 ————— 2 ————— 3 ————— 4

1 Cook lentils in salted water until soft. Cut squash in cubes, add salt, pepper and a little olive oil and roast in oven until soft and slightly caramelised (approx 20 minutes). Boil broad beans in salted water.

2 Chop spring onions, coriander and chillies and combine with cooked lentils, beans and squash.

3 Make the dressing. Put small amount of oil in a saucepan and cook the finely grated garlic and cumin. Add rest of oil and lemon juice, salt and pepper to taste.

4 Pour warm dressing over salad and stir well to combine. Serve with a large green salad. Can be served warm or cold. Keeps well in the fridge.

bean & tahini DIP

SERVES 2



WITH ENOUGH LEFT OVER
TO USE AS FALAFEL BASE
(SEE BONUS RECIPES AT THE
END OF THIS BOOK)

INGREDIENTS

400g (1 can) beans or chick peas.
(You can use absolutely any kind of bean, this
time I used flageolet beans)
2 spring onions roughly chopped
1 plum tomato roughly chopped
1 handful roughly chopped coriander
1 tblsp chopped chilli

3 tbsps Tahini
1 tsp cumin
1 clove of garlic
Juice of one lemon
Good glug of extra virgin olive oil
Salt and pepper to taste

1 ————— 2 ————— 3 ————— 4

Put all the ingredients
except the pepper and
salt into the food mixer
(I don't bother to rinse
the beans).

Whizz until you get the
desired consistency, best
not to overwork it if
possible.

Add salt and pepper to
taste and then give a
final pulse to combine
everything well.

Serve with Paleo breads
and crudites.



INGREDIENTS

60g coconut flour
2 tbsps psyllium husks
1 tsp baking powder
Half tsp salt
250g boiling water
40g coconut (or olive) oil

Flavourings of your choice: chilli flakes, garlic powder, cumin

Or for a sweet treat, 1 tbsp raw cacao powder and stevia (or you can add two tbsps honey or maple syrup to the hot water and oil)

1 ————— 2 ————— 3 ————— 4

Put the dry ingredients in a bowl and combine thoroughly with a wire whisk.

Add the oil to the boiling water and pour onto the dry ingredients in a whoosh. Combine quickly with a metal spoon. The water will be absorbed very fast to form a smooth dough which is easy to work.

Divide mixture into four equal balls and roll each one out flat between two sheets of greaseproof paper.

Dry fry the flatbreads one at a time in a very hot pan or griddle. Cook for approx 2 mins each side until brown and slightly puffed up. Serve immediately.

cleansing green **SOUP**

MAKES ENOUGH FOR 6 HEARTY HELPINGS

FREEZES WELL OR CAN BE KEPT
IN THE FRIDGE FOR UP TO 4 DAYS



INGREDIENTS

1 large onion
1 large leek
1/2 head of cabbage
3 stalks celery
3 cups chopped broccoli

4 large kale leaves
large bunch parsley
1 clove garlic
Salt & Pepper to taste
1 litre vegetable stock

1 ————— 2 ————— 3 ————— 4

1 Chop all the ingredients roughly.

2 In a large (2 litre) saucepan, sauté onion, leeks, garlic and celery in 2 tbsps olive oil. When soft and translucent, add the vegetable stock and cabbage. Bring to the boil and simmer until cabbage is cooked.

3 Add the broccoli and cook for another 3 minutes and take the pot off the heat.

4 Add the raw kale and parsley. Whizz with a hand blender until smooth and creamy. Check for seasoning and add salt and pepper to taste.

AND YOU CAN OPT FOR SWEET OR SAVOURY!



INGREDIENTS

2 cups flaxseed meal
1 tablespoon baking powder (yes, it's quite a lot!)
2 sachets Stevia powder
1 tsp salt
5 eggs
1/3 cup olive (savoury) or coconut oil (sweet)
1/2 cup water

Optional flavourings: sprigs of rosemary, basil, coriander, cumin, chilli, OR, for those of you with a sweet tooth, cinnamon, banana, sultanas, raw cacao powder...

1

Heat oven to 200°C

2

Combine all dry ingredients and mix together thoroughly. In a separate bowl beat the eggs thoroughly and whisk in oil and water.

3

Add wet ingredients to dry and stir well until combined. Leave to stand for 2-3 minutes until mixture has stiffened enough to hold its shape.

4

Tip onto a lined baking tray and bake in the middle of a hot oven for 30 minutes, or until a skewer comes out clean.

fig and pistachio **AMAZEBALLS**

MAKES APPROXIMATELY 20 AMAZEBALLS



INGREDIENTS

100g shelled pistachios (walnuts, almonds or cashews also work well)

100g dried figs (with stalks removed)

8 medjool dates (de-stoned)

2 tbsps flax seeds

2 tbsps chia seeds

2 tbsps coconut oil

Dessicated coconut (optional)

1 ————— 2 ————— 3 ————— 4

1
Chuck everything into the blender and whizz until well combined and the mixture starts clumping together.

2
Roll mixture into approx 20 little balls.

3
Toss in dessicated coconut to cover, if desired. I sometimes also use ground almonds, raw cacao powder or even spirulina powder, as the mood takes me.

4
Place in a sealed container and leave in the fridge to set. And resist the temptation to eat them all at once.

Other delicious Amazeball flavour combinations can be found at franmac.co.uk

baked thai **SALMON AND VEGGIES**

SERVES 1



INGREDIENTS

100g wild/organic salmon fillet
2 spring onions chopped
Handful coriander chopped
Nub of ginger, finely sliced
2 tbsps tamari soy sauce or Braggs Aminos
Juice of half a lemon
Few drops of sesame oil

Vegetables of your choice. Choose any combination of bok choy, broccoli, green beans, bean sprouts, kale, chinese cabbage, baby corn, sugar snap peas etc

1 ————— 2 ————— 3 ————— 4

1 Put salmon fillet on baking parchment or tin foil large enough to wrap and seal the salmon.

2 Add the spring onions, coriander, ginger, tamari, lemon juice and sesame oil. Wrap up into a little parcel and bake in a moderate oven for 20 minutes.

3 Meanwhile put your vegetables in a steamer and cook until just tender.

4 Serve the salmon with the steamed vegetables and cooked brown rice.

NB If making double quantity rice to use in your Rice and Chia porridge, don't put too much salt in the rice pot.

buckwheat, kale & **MUSHROOM RISOTTO**

SERVES 2



INGREDIENTS

100g buckwheat groats
200g mixed mushrooms
1 large onion
2 stalks celery
1 leek

4 large kale leaves
1 litre vegetable stock or organic chicken stock
Salt and pepper to taste
2 tbsps olive oil

1 ————— 2 ————— 3 ————— 4

Put the buckwheat groats into a dry pan and roast over a gentle heat until turning brown and smelling toasty.

In a large frying pan, sauté the onion, leek, celery and garlic in olive oil until translucent. Add the toasted groats and stir so they can absorb the flavours. Pour over the stock and simmer until buckwheat is tender.

In a separate pan, sauté the mushrooms in olive oil until soft and juicy. Add to the buckwheat and other vegetables and stir.

At the last minute stir in the finely chopped raw kale and allow to wilt in the residual heat of the risotto. Serve.

high protein AZTEC VEGGIE BOWL

SERVES 2



INGREDIENTS

100g quinoa, soaked for one hour
200g black-eyed beans
1 small sweet potato, cubed
1 red pepper, seeded and sliced
1 red onion cut into wedges
Broccoli spears

2 large chilli
1/2 avocado
3 tablespoon olive oil
1 lime
Handful coriander
Salt & Pepper to taste

1 ————— 2 ————— 3 ————— 4

1 Wash and chop all veggies, cut lime in half and place in a roasting tin with whole chillies and 1 tbsp oil plus salt and pepper. Roast in a hot oven for 30 minutes until just starting to char on the edges.

2 Rinse quinoa and put onto boil in fresh salted water. When cooked (approx. 10 minutes) drain but keep the water and use it to warm up the beans.

3 Steam broccoli for approx. 5 mins until tender, but still bright green. Arrange all cooked vegetables on top of quinoa and beans.

4 Squeeze juice from roasted limes which should have caramelised, chop 1 roasted chilli finely and mix with the remaining oil. Slice avocado and arrange with veggies. Dress with the lime, chilli and oil dressing.



DOES YOUR KITCHEN NEED A DETOX?

One of the major contributors to feeling unwell is environmental toxins, and this particularly applies to anyone suffering from thyroid or adrenal issues, the menopause or any autoimmune disease. This is because most of these toxins are endocrine disruptors that are read by your body as oestrogens, which sets up a cascade of unwanted symptoms.

To reduce your exposure to these environmental toxins, you may wish to follow these kitchen detox tips:

- Replace all plastic storage jars and boxes with glass
- Avoid any processed or take-away food that comes in plastic or styro-foam packaging (especially if it is a fatty or oily food)
- Never, ever, put hot food in plastic especially cling film
- Replace any Teflon coated pans with cast iron, enamel or porcelain enameled pans
- Use a wooden chopping board not plastic (people have used wood for centuries and you really don't want to be eating little bits of chopped up plastic!)
- Try to avoid tinned foods with BPA linings, especially tomatoes as they are acidic and break down the BPA
- Use metal or wooden utensils, plastic ones melt into your food (silicon is ok)

FIVE FOODS THAT SHOULD BE ON YOUR PLATE EVERY DAY!

Do you know how to predict how long you will live and how easy your life will be in the last few years? It all comes down to how many portions of vegetables you eat a day.

*The more
vegetables you eat,
the healthier you
will be – it's as
simple as that.*

So whilst every vegetable is good for you, here is a list of the real superstars that will enable you to take the nutrition value of your plate through the roof! This list is based on the amazing work of Dr Joel Fuhrman who defines these foods as the most nutrient dense on the planet.

Try and eat each of these foods at least twice a week, and Pruv to yourself how brilliant you can feel!

TRY AND EAT EACH OF THESE FOODS AT LEAST TWICE A WEEK ...

- 1. Leafy Green Vegetables** – spinach, kale, watercress, lettuce, parsley, rocket, coriander leaves, cabbage, bok choy, Brussels sprouts - any and all of them will do you a power of good. Eat both raw and cooked and heap them on your plate as much as you can to provide a huge range of anti-oxidants, phyto nutrients, pre-biotics and fibre.
- 2. Beans** – any and all beans and legumes provide protein, fibre and a variety of important nutrients. Dense in complex carbohydrates, beans work wonders in regulating blood sugar levels and the fibre they provide is particularly good at helping prevent bowel cancer (in fact eating beans twice a week has been shown to decrease colon cancer risk by 50%) Add them to salads, soups and stews. Use them instead of meat in burritos and wraps.

also contain special compounds that help protect against heart disease and a number of different cancers. Definitely an important part of any healthy diet!
- 3. Onions** – the whole onion family is extremely good for you. Onions contain sulphur compounds which your body uses in multiple ways to manage the flow of nutrients in and out of your cells. They are also natural antibiotics that specialize in killing off the bugs that are bad for us while supporting all those bacteria that look after us. Red onions, white onions, spring onions, shallots, leeks, garlic – they all do you a power of good.
- 4. Mushrooms** – The humble mushroom is a very overlooked hero. Mushrooms provide important antioxidants like selenium in large quantities as well as minerals such as potassium and magnesium. They
- 5. Berries** are a wonderful, low sugar, source of important phyto-nutrients (their rich colours indicate the richness of the nutrient mother-lode they contain). Very good for your brain, berries also reduce inflammation throughout your body and deliver important flavonoids to help protect against many different diseases.
- 6. Seeds and nuts** contain important natural fats that are proven to protect against heart disease and brain degeneration. They are also rich in proteins and minerals that are delivered in little packages that are easy for our bodies to assimilate and utilize. Pumpkin seeds are rich in iron, calcium and zinc and sesame seeds have more calcium even than milk. The nutritional benefit of nuts and seeds is particularly strong when they are eaten with vegetables as the combination of nutrients is mutually supportive and they help each other to be efficiently processed by the body.

YOUR SHOPPING LIST

VEGGIES

Fresh Broad Beans
(frozen also fine)

Fresh Chilies

Lettuce

Asparagus

Cucumber

Broccoli

Green Beans

Kale

Courgettes

Garlic

Onions

Spring Onions

Carrots

Celery

Red Peppers

Radishes

ANIMAL PROTEIN

Wild or organic salmon
fillets

Organic free-range eggs

Organic chicken breasts
(optional)

OILS AND FATS

Coconut Oil

Virgin cold-pressed olive oil

SPICES

Ginger Root

Fresh/powdered Turmeric

Cumin Powder

Chilli Powder

Black Pepper

Sea Salt

Galangal

Mustard Powder

FRUIT

Bananas

Lemons

Avocados

Tomatoes

Apples

Pineapple

Mango

PANTRY

200g Organic Green (Puy)
Lentils

Brown Rice

Medjool Dates

Walnuts

Cashew Nuts

Dessicated Coconut

Quinoa 400g can

Chickpeas or Flageolet
Beans

400g can Black Eyed Beans

Tahini Paste

Nut Butter

Coconut Flour

Psyllium Husk Powder

Ground Flax Seed

80% Dark Chocolate

Buckwheat Kernels

DAIRY ALTERNATIVES

Coconut Yogurt or Kefir

Almond Milk

FRESH HERBS

Coriander

Parsley

Rosemary

Oregano





real
HEALTH AND WELLNESS

...bonus goodies

The recipes above give you everything you need to put the 3-Day Transformation Plan into practice and start making those all important changes that will transform your relationship with food.

But, just in case you want that little extra bit of flexibility, here are some MORE recipes so you can mix and match and have enough combinations to keep your new healthy eating plan going a bit longer.

For those of you struggling with sugar, the sweet treats here will start to wean you off refined sugar so gently, you won't even know it's happening!

I will also be sending you some more great recipes, tips and inspiration over the coming weeks. But, if you want to sort out your feelings about food once and for all, you can sign up for a free initial consultation and we can chat through a plan of action tailor-made just for you.



INGREDIENTS

Half quantity of Pröv Bean and tahini dip
2 tablespoons flaxmeal
70g (half a cup) coconut flour
Pinch of salt and pepper
Coconut oil for frying (optional)

1 ————— 2 ————— 3 ————— 4

Mix all the ingredients to form a thick dough.

Roll into patties with your hands.

Either place on a baking tray and bake at 200 degrees C for 15-20 minutes or fry gently in coconut oil until crispy on the outside and soft on the inside.

Delicious cold served with RHW Avocado Spread and salad. Perfect for picnics.



INGREDIENTS

1 large ripe avocado
2 large tablespoons tahini
Juice of half a lemon
1 tsp pomegranate syrup

Slug of cold pressed virgin olive oil
1 clove garlic
Salt & pepper to taste
Chilli and/or coriander (optional)

1 ————— 2 ————— 3 ————— 4

Place all ingredients into a large jar.

Blend thoroughly with a hand blender.

Check for seasoning and add a little more lemon juice, pomegranate or other seasoning to taste.

Use as an alternative to mayonnaise in salads, in sandwiches, spread on toast, enjoy with baked potatoes. Dilute further with more lemon juice and olive oil to create the perfect vegan Caesar salad dressing.

banana & blueberry NUT AND SEED CAKES

MAKES APPROXIMATELY 12 BUNS



INGREDIENTS

100g sprouted lentil flour (or buckwheat flour will do at a pinch. I know it's a lot easier, but it won't have the same nutritional oomph)

1 cup walnuts, soaked for six hours

½ cup ground flax seeds soaked for 1 hour

2 organic free-range eggs

½ cup organic sultanas

1 banana

½ teaspoon cinnamon

½ teaspoon baking powder

2 tablespoons virgin cold-pressed olive oil

Pinch of sea salt

1 ————— 2 ————— 3 ————— 4

Preheat oven to 180 degrees C.

Put all ingredients, apart from the sultanas into a food processor and pulse until you have a nice thick batter. Stir in the sultanas separately.

Spoon the mixture into oiled muffin cups and bake in the centre of the oven for 25-30 minutes until they are springy to the touch or a toothpick comes out clean.

When cooled, spread liberally with Blueberry Cashew Cream and decorate with fresh blueberries and blackberries.

Notes on making Sprouted Lentil Flour and Recipe for Blueberry Cashew Cream Frosting at pruv.co.uk



INGREDIENTS

100g cocoa butter
2 tblsps white almond butter
2 tablsps pure coconut cream
4 tbsps maple syrup

1 tsp vanilla essence
Pinch of sea salt
6 heaped tbsps raw cacao powder
Half a cup raw nut butter of your choice

1 ————— 2 ————— 3 ————— 4

Put all ingredients except the cacao power and the half cup nut butter into a double boiler to melt.

When everything has melted and combined (will need a good stir) add in the Cacao Powder and stir again.

Half fill the molds of your choice and put in fridge until half set. Spoon the nut butter into the centre and then cover with the remaining chocolate.

Leave in fridge to set. The result is a delicious fudgy confection that you will find difficult to resist, but which is perfect for the occasional special treat!

*I am so happy
to share this
with you*

Now you can see for yourself how easy (and delicious) healthy cooking can be. No need for deprivation and denial. Just enjoy natural, whole and real foods that your body understands and needs!

It is always so good to hear from you so do let me know how you get on.

If you enjoy these recipes as much as I think you will, please share and spread the love.

If you feel it would help to chat through your health goals, head over to realhealthandwellness.com and sign up for a free consultation.

You will also get regular updates and insider tips and tricks that will show just how easy it can be for you to feel your very best!



realhealthandwellness.com

 @FranMacTweets

 @realhealthandwellness.com

FREE INITIAL CONSULTATION

