



Newsletter



Editor's Notes

BY OLIVIA KNIGHT

Hello there and welcome to the special Winter and Christmas edition of the Knight Vitality newsletter! The colder weather is here again, as is the festive season – the time of parties, good food and time with friends and family.

In this Christmas edition of the Knight Vitality newsletter, you'll find an article that I wanted to share with you all about how to enjoy a little tipple safely this holiday season. You'll find facts and tips to help you enjoy a drink safely and not ruin your healthy efforts of the year.

You'll also find an exotic recipe for my good friend Sani's legendary Chicken Curry with whole grain rice, plus details about the KV Mastering your Metabolism guide. Happy reading and I hope this edition has something useful to you!

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Enjoying Alcohol Sensibly This Season BY OLIVIA KNIGHT

Whether you enjoy a drink (or several) at your work Christmas party or you're going out for dinner with friends to celebrate this Christmas holiday, there are many small steps that you can take to ensure you will enjoy yourself without leaving lasting negative impacts upon your health, the health and wellbeing that you have been working so hard to improve upon all year long.

Making sure you have a detailed plan for the festivities is often a vital step in ensuring the big day goes smoothly. The same might be said for having a strict plan of what you are going to eat or drink at a festive party or event. For example, you might plan to eat one serving of protein with at least two portions of vegetables, one serving of dessert, and two drinks. Alternatively, if you're eating at a less formal occasion, you might decide to limit yourself to two plates of snacks and nibbles and two glasses of wine. Having a plan will make you aware of those urges to overeat or overdrink.

Overeating is a major reason for gaining weight during the festive season. This is especially true when alcohol is involved. People often do not realise how many calories alcohol contains, and because drinks are less filling than food, the calories are easily over consumed and under estimated.

A good plan is to make sure to always know how much food you're going to eat and how much alcohol you want to drink. If you are wanting to improve your health, you may choose to pace yourself and make sure that the targets you set are aligned with your personal goals and wishes for yourself, for your health, for your life. Remember, it's vital to make these changes manageable and sustainable – keep your goals realistic and you will stick to them!

*Celebrate the season,
but sip within reason!
Enjoy the cheer
responsibly this
Christmas time.*

MINDFULNESS IS KEY

To book your Nutrition and Health Coaching, health checks or for your FREE 15 minute consultation call 07541 222177 or email info@knightvitality.com. See website for more information: www.knightvitality.com



Mini Alcohol Calorie Guide

Here is a quick guide to the calorie content of some popular alcoholic drinks that you might have over the Christmas season. You can certainly enjoy a drink whilst also minimising your empty calorie consumption by using low calorie mixers such as tonic water. Other tips... sip your drink slowly and you can set yourself a limit to the number of drinks you will have when it comes to a night out this party season.



WHITE WINE

5 oz

120 kcals

CHAMPAGNE

5 oz

106 kcals



RED WINE

5 oz

125 kcals

BEER

16 oz

215 kcals



RUM AND COKE

1.5 oz

142 kcals

GIN AND TONIC

1.5 oz

150 kcals



Read on for some helpful facts about alcohol and drinking safely this Christmas time...

☆ The effects of alcohol on our bodies occur when ethanol enters our blood stream and passes through the membranes of cells in our brain, heart, and other organs. Ethanol/alcohol is effectively poisoning us – that's the feeling we experience of being "drunk".

☆ One unit of alcohol is 10ml or 8g of pure alcohol. The number of "units" you're drinking depends on the size and alcohol content of your drink. A single unit is approximately the amount of alcohol the average adult can process in an hour. If you drink regularly, it's recommended you have no more than 14 units per week over 3 days or more

☆ **Alcohol contains 7 calories per gram, nearly as many as fat at 9 calories per gram.** Most people who drink alcohol consume it as "extra" calories, in addition to their normal diet. By reducing your alcohol consumption, you will reduce your calorie intake and be less likely to have a "beer belly".

☆ Alcohol affects your sleep. When you are under the influence of alcohol, you spend less time in the essential, healing REM sleep. You are more likely to wake up through the night and have difficulty going back to sleep, you're more likely to snore and get up to use the bathroom too.

☆ Red wine contains resveratrol, a component that lowers cholesterol, prevents blood vessel damage, and prevents blood clots. Moderate red wine consumption is considered to be beneficial to the heart due to the antioxidant content that may reduce coronary artery disease.

By Olivia Knight



Ingredients

500g Chicken pieces (you can use breast, but thigh or wing with the bone in will give the tastiest results, however this is depending on your preference)
 1 large red onion finely diced
 1 tablespoon of ginger infused garlic paste
 4 large tomatoes finely diced
 1 bay leaf
 4 cloves
 2" piece of cinnamon
 Salt - up to 1/2 teaspoon to taste
 1 teaspoon garam marsala powder
 1 teaspoon coriander powder
 1 teaspoon red chilli powder
 1 teaspoon turmeric
 1 cup of hot water
 100ml of fresh single cream or you can use 12 cashews or almonds ground to a paste if no dairy
 2 tablespoons finely chopped fresh coriander
 Whole grain rice - 50g per person (uncooked weight)
 Fresh parsley leaves to garnish

More tasty recipes are available on the website

Head on over to
www.knightvitality.com
 to find lots more delicious, nutritious and healthy recipes for you to try!

Nutrition Facts

Per serving 1/4

Calories 533kcal
 Total fat 20.7g
 Saturated fat 5.4g
 Cholesterol 122mg
 Sodium 611mg
 Total Carbohydrate 26g
 Dietary Fibre 5.9g
 Total Sugars 5.8g
 Protein 37.1g



Sani's Chicken curry with whole grain rice



Sani's Traditional Chicken Curry with whole grain rice

This is an authentic and traditional Chicken Curry recipe courtesy of my dear friend Sani. To keep the flavour ramped up, but keep the cost down, the recipe uses chicken thighs, you can of course swap for wing or breast if you prefer. With a host of exotic, delicious Indian spices, this recipe is one that has been lovingly handed down from Sani's mother from her mother, a real family recipe, but one that's not so secret anymore. As with any good curry, it tastes even better after a couple of days, be sure to make plenty and keep in the fridge for later in the week.

Serve steaming hot with whole grain rice and maybe a cheeky naan bread.

METHOD

- 1: Warm a tablespoon of oil in a large, heavy bottom pan and add the clove, bay leaf, cinnamon and finely chopped onions. Keep on a low heat until the onions start to soften and reach a golden brown colour.
- 2: Once the onions have turned a golden colour, you can now add the ginger garlic paste and sauté for 2 - 3 minutes until golden in colour and then add the finely chopped tomatoes.
- 3: Next add the turmeric to the tomatoes in the pan and cook gently until the tomatoes are soft.
- 4: Now you'll add the chilli powder and cream (or the blended cashews or almonds if you prefer not to use dairy).
- 5: Continue to cook on a low heat until the mixture begins to thicken and then add the chicken, garam masala, coriander powder and the 1 tablespoon of the fresh coriander and cook on a low to medium heat until the chicken begins to pale.
- 6: Add ½ cup of the hot water to the pan, enough to partially cover the chicken. Using hot water is best, as cold water can make the chicken tough and hard. Cover the pan and allow to cook for 20 minutes or so until the chicken is cooked through. (Do not cook on a high heat as this will toughen the chicken.)
- 7: Add more water if necessary, you can also add ½ teaspoon more of garam marsala if you feel the curry needs more oomph. This is your curry and you enjoy the flavours as you like them.
- 8: Boil up some whole grain rice to serve or the curry can also be served with warmed naan breads if you prefer.
- 9: Tear up some fresh Parsley leaves to garnish and serve up your exotic flavours to your lucky loved ones!

*An original recipe by Sani shared with Olivia Knight
 Nutritionist and Health Coach*

The Knight Vitality Winter Edition

Winter Ebook - Your
FREE supplement

Welcome to your Winter eBook! To help you feel your best and get the most from your efforts, Knight Vitality has written a helpful guide - "Mastering your Metabolism".

Packed full of tips to help you improve your metabolism in realistic ways, key information you must understand, plus lots more to help you feel your best in the New Year. Roll on 2025!

You can thank me later!



In the coming months, you will find more FREE eBooks coming your way....

I'm working on the next Knight Vitality eBook about Intermittent Fasting. Keep your eyes peeled for the next KV newsletter coming out in Spring 2025.



Keep your eyes peeled for the next Knight Vitality newsletter coming out in the Spring.

If you have any recipes, suggestions or anything else you would like to see in the future editions of your newsletter, please drop me a line on the KV email: info@knightvitality.com

Wishing you a very Happy
Christmas in 2024!

As always, I thank you for your continued subscription and supporting me in Knight Vitality. As a small business owner it means more than I can tell you.

I hope you find the "Mastering your Metabolism" eBook to be helpful to you, if you have any questions please do get in touch. Next issue will include the Intermittent fasting guide, so this issue I've released my popular guide to MCT oil.

You'll also find all the information about the helpful Health Check Packages on the website, so pop on over for more information on each. They make great gifts!

Stay you, but better!

Happy Christmas,

love Olivia

The new Knight Vitality
health check packages

In response to your requests, I have begun offering a number of health check packages. The range of packages start from £90 and include a full consultation, a number of tests plus your results and helpfully tailored suggestions around your individual results.

So get in touch to book yours or perhaps gift one for a loved one.

What health check
packages are available?

- ☆ Tired all the time
- ☆ Heart health
- ☆ Gut health
- ☆ Women's hormones
- ☆ Full health check

Get in touch to find out more...
www.knightvitality.com