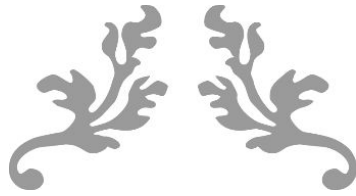


# ***BEST KEPT TIPS FOR HEALTHY COOKING***



***RECIPES INCLUDED***



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# HEALTHY COOKING

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## **INTRODUCTION**

Healthy cooking doesn't mean that you have to pay outrageous amounts of money for a gourmet chef or those overly-priced cooking utensils, or even those expensive cookbooks. Healthy cooking also doesn't mean that you have to cut out all of the foods that you love to eat.

Essentially, many foods are very healthy. What makes them unhealthy is how people prepare and cook them. Preparing meals healthfully means that you are able to eat all of the food that you like to eat without having to feel like you are ruining your dieting plan or your health.

By using healthy-cooking techniques, you can cut saturated fats. Consider, for instance, that many of the fats used for frying — such as butter and lard — are high in saturated fats.

Adults should limit calories from saturated fat to no more than 10 percent of total daily calories. For a 2,000-calorie diet, that means no more than 200 calories from saturated fat — about 22 grams of saturated fat — a day. By switching to roasting, you not only eliminate added fat but also allow any fat in the food to drip away.

Here are simple tips that you might find useful in your quest to stay healthy with your food.

- **Make sure to get fresh ingredients for your recipes.**

If you are looking for the healthiest, go for organic vegetables, as this would mean no pesticides or chemicals that can ruin your healthy recipes. If organic vegetables and ingredients are not available in your area, make sure to wash your vegetables thoroughly before using them to get rid of chemical residues.

- **Cut down on salt.**

This can be one of the important tips in cooking healthy recipes. You can also increase or add more herbs to your recipe as an alternative to salt and you will be surprised that it does not show any change in flavor.

- **Increase vegetables into your diet.**

Fruits and vegetables are great sources of nature's vitamins, minerals and many other important nutrients needed for the body. Eat in variety as you can never get most of the nutrients you want in just a single vegetable or fruit.

- **Avoid fats as possible.**

Go for more fibrous foods. If you can't totally avoid fats, go for the unsaturated ones. If you need to use oil, use olive oil or canola oil as these are the healthier forms of oils. Check labels of processed foods as well. These are places where saturated fats may be hiding.

- **Find alternatives.**

If you do not want to put meat on your cooking, you can also find alternatives to meat. Among the healthy alternatives to meat are soy protein, or TVP, also known as textured vegetable protein.

- **Watch your process of cooking.**

Aside from the ingredients, you also have to take into consideration the process whereby you cook your food. Cooking healthy recipes should not just be about ingredients but also the manner of cooking. Among the healthy ways to cook healthy food are baking, steaming, broiling, baking, grilling and braising. Although it may not be good to grill your food regularly.

- **Cut down on processed foods.**

They are usually those that are high in sodium which is a culprit in high blood pressure and other problems as well.

- **Use natural herbs and fat-free sauces to help you make a healthy recipe.**

Indeed, herbs can replace other processed spices in the market. Go for natural ones as well.





## **WHY IS EATING HEALTHY IMPORTANT?**

It is indeed a basic question, "why is eating healthy important?" Put plainly, healthy eating is indispensable to developing and maintaining overall health. Even as early as life's conception in the womb, the foods and substances that the human body absorb affect total health and well-being.

In the olden days, healthy eating was simple. Life was laid-back and farms were cultivated without the use of harmful chemicals such as herbicides and pesticides. In these demanding times, where life is lived in a hurried pace, quick-eating and fast-foods have become difficult to avoid. People eat what's more readily available not having the time to cook and prepare healthy meals, often binging on processed and preserved foods that have a lot of chemicals and artificial substances on them.

Be reminded that what goes on inside your body dictate the state of your health because essentially you are what you eat. You are damaging your body system if the foods you ingest do nothing for your cells and tissues to grow and function well. Substances and chemicals that are put into processed foods today are hard to pronounce, and you may be one of the many who are not familiar with what they are and what they do to the human body. If you value your health, you should be more conscious about what you eat and make a conscious effort to learn about healthy eating as much as possible.

## **1. A Healthy Body Today And Gone Tomorrow**

The human body is wondrous in that it can compensate for reductions in functional capacity and still not show outward signs of ill health. For example, your liver must be very close to ceasing to function normally before you begin to show signs of jaundice or other symptoms related to a malfunctioning liver. It is a large organ that is very resilient in maintaining life even when it is greatly compromised.

Are you healthy just because you are not showing signs of jaundice? You may not be. But how are you to know if your liver and other organs are functioning normally or not? You won't until it is too late and you are stricken with a terrible illness.

That's why it is vitally important you eat the proper foods in the correct amounts to give your body what it needs to function normally and maintain your health. What you may not be aware of is that poor eating habits may also affect your financial well being.

## **2. Financial Well Being And Health**

Does anyone who has ever held a job feel that the workplace is without prejudice or discrimination?

No, it's not. And it will probably never be because the workplace is a fluid environment fraught with any number of inter-related factors competing with each other to make the company and employees prosperous. Companies are comprised of individuals trying to make a buck, cover their butt, and accrue wealth. It's a minefield of unfair and discriminatory behaviors.

This becomes sickeningly clear when you begin showing signs of ill health or even signs of not being totally capable of handling your job efficiently. One example of this is being overweight or obese.

### **3. Weight Discrimination In The Workplace**

An unhealthy Body Mass Index (BMI), more commonly known as being overweight, is not considered a disability in the workplace. A disability is considered to be a condition, usually permanent in nature, which impedes someone from performing the usual physical and mental functions necessary to perform their job.

Federal courts have already ruled that an unhealthy BMI does not constitute grounds for discrimination under the Americans with Disabilities Act (ADA). Therefore an employer can legally discriminate against a person who is overweight.

This type of discrimination is very subtle and is often cloaked in reasonable explanations as to why an individual with an unhealthy BMI will not be an asset to the company. A potential employee's appearance may not be the only criterion used to justify not hiring overweight individuals.

Employers may be biased when hiring an employee with an unhealthy BMI because of well-justified fears of higher insurance costs, increased illness, and the resultant lost productivity. Higher disability insurance costs may raise the overhead of the business. All are potential downfalls of hiring a person with an unhealthy BMI.

The human body has an inimitable facility to survive even though it often suffers neglect from poor eating and nursed with pharmaceutical drugs. But when the crisis is drawn out, it causes confusion in the body, activating stressful reactions which lead to many sicknesses. You may have known that antioxidants play a role in protecting us from these free radicals and human body toxic triggers. And the best way to set this antioxidant shield is by continuously feeding what the human body cells need in order to function and grow normally which is through healthy eating.

Healthy eating can be achieved by learning important nutrition basics and incorporating them in your daily regimen. It is necessary to be knowledgeable in the area of proper nutrition and to point the answers to the question as to why is eating healthy important even to young children. The lessons we learn and apply early on will help us to reap and enjoy the effects and benefits in the long run.



## **PROS AND CONS OF HEALTHY EATING**

Sometimes a person just can't help but to know something. Fill in the blank that fits for you. For me the journey to health started with food investigation. Without food our bodies will perish. We need food to live, move, and enjoy life. What's in the stuff I am feeding my body? I'd like to believe the food I buy at the grocery store is healthy, but discovery leaves me wondering if anything I pick up is safe.

## PROS

### **a. Increase in productivity.**

Everyone wants to work to get done faster, to move on to fun. We've all heard of brain food. It's the good stuff we put in our bodies before a big test. It's the food you eat that keeps you on your toes while interviewing for a new job or promotion. It's the food in your diet that makes you feel like you feel like you've sealed the deal to earn a new client before you finish the presentation.

### **b. Mood Enhancers.**

Feeling blue? Omega-3 fatty acids can help. Keep a handful of almonds in the purse, desk, or briefcase. All good things in moderation because chocolate, carbs, fruits and vegetables, fish, saffron, coconut, and tea can help. Not all of those foods have redeeming qualities, so go easy and enjoy a better mood as a result.

### **c. Regulate weight.**

Some skeptics call healthy food "bird food", claiming it doesn't have good flavor. One simple choice can be to replace soda with water. Want the crunch of a chip? Try a carrot and celery replacement with good peanut butter. Good food can taste good. If it's not for you, then you could reduce the portions of the food you are already eating and enjoy them less often. Your waistline will thank you.

### **d. Be healthier.**

Overall healthier food increases your ability to be healthier. Not everyone who is healthy is skinny, and not everyone who is overweight is unhealthy. Junk food is high in calories and low in nutrients. Mix in some fruits and veggies into any diet for an improvement.

### **e. Live longer.**

If life is good, and those we love are around us, we want to spend the most time with them and be active. The diseases that make you feel bad cost a lot of money, and kill you sooner. If you're into self diagnosis, WebMD is probably one of your best friends. A healthy diet, means a healthy heart and a longer life.



## CONS

### a. Not Always Easy to Find

Healthy food choices are not always easy to find, particularly at restaurants. Many fast food restaurants cook with trans fats, industrial processed hydrogenated vegetable oils that can increase your risk of heart disease. Many of the food choices on restaurant menus include foods with high amounts of calories, sodium and saturated fat. To eat healthy, order a salad with dressing on the side.

### b. Cost

A common perception among people who do not shop at health food stores is that health foods are more expensive than similar products in mainstream grocery stores. The truth is that many gourmet brands of health foods are costly, yet there are less-expensive health food brands of products. Buying organic produce can be expensive, but can be less costly when grown locally. Eating healthier, sometimes costlier foods, may help you save more tomorrow on not having to pay for health care expenses from treating chronic diseases that may result from eating unhealthy foods. Research demonstrates that people who are introduced to healthy foods and subsidized 20 percent of the cost increased their consumption of healthy foods after the subsidy was removed.

### c. Pink slime.

You've probably heard of pink slime. It's the questionable meat filler that has graced school lunches and burger joints for decades. The rest of the population is catching on to its unhealthy qualities. The process that eliminates fat in beef leaves us to consume a product exposed to ammonia and citric acid. Ammonia might be good for cleaning my floor, but that's a product I don't want to swallow. Eliminating beef for a more viable alternative with a veggie burger? Think again. The real beef product may be better for you. And, it's FDA approved. Do you buy 90/10, or 80/20?; did you just puke a little in your mouth?

### d. Beaver glands.

Everyone likes some flavor, at least now and then, but what if it comes from beaver glands? Castoreum, the dried glands of beavers, is used as strawberry, raspberry, and vanilla flavoring in some candy, gum, gelatin, and pudding. Popular soft drinks, sport drinks, bottled tea, wine coolers, and all natural juices use the natural flavorings

between the male beaver's anus and its external genitals. That's a natural element that makes me go eeewww! Bottom's up! (Literally)



## HEALTHY RECIPES

Studies show that some of the most mouth-watering and exotic dishes are the worst for man. Recipes meant to entice the taste buds are often low in proteins and fiber and high in carbohydrates. Regular consumption of this type of food can lead to serious health hazards like high cholesterol, high blood pressure, hypoglycemia and type 2 diabetes. High cholesterol can further lead to other serious conditions like heart disease and osteoporosis. Switching to healthy recipes will help you shed those extra pounds and improve your overall health.

For many people going on a "diet" means having to deprive themselves from food they love to eat. Following healthier recipes gives you a low-calorie and low-carbohydrate diet that can help you have your fill without worrying about obesity and health problems. Recipes involving a low-carbohydrate diet use low-carb alternatives as essential ingredients, tasting similar to the high-carb foods you are not allowed to eat. So you can eat healthier food including meat, fish, poultry, eggs, cheese, and green vegetables like asparagus, spinach, and broccoli until you are full, without worrying about your calorie intake.

People who follow the healthy recipes feel both physically and mentally fit. Small dietary changes can definitely lead to big results. Health practitioners relate that even with various breakthroughs in medicine, the best way to reduce the threat of the diseases is to reduce the likelihood of their occurring altogether. An easier and more practical way to reach this goal is to follow a healthy eating pattern, including healthy recipes in your daily life.

### 1. Chicken satay salad



Marinate chicken breasts, then drizzle with a punchy peanut satay sauce for a no-fuss, midweek meal that's high in protein and big

on flavour.

**PREP:** 15 MINS

**COOK:** 5 MINS - 10 MINS

## Nutrition: per serving

kcal 353 | fat 10g | saturates 2g | carbs 24g | sugars 21g | fibre 7g | protein 38g  
| salt 1.6g

## Ingredients

- 1 tbsp tamari
- 1 tsp medium curry powder
- ¼ tsp ground cumin
- 1 garlic clove, finely grated
- 1 tsp clear honey
- 2 skinless chicken breast fillets (or use turkey breast)
- 1 tbsp crunchy peanut butter (choose a sugar-free version with no palm oil, if possible)
- 1 tbsp sweet chilli sauce
- 1 tbsp lime juice a little sunflower oil, for wiping the pan
- 2 Little Gem lettuces hearts, cut into wedges
- ¼ cucumber, halved and sliced
- 1 banana shallot, halved and thinly sliced
- generous handful coriander, chopped seeds from ½ pomegranate

## Method

1. Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.
2. Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.
3. While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

## 2. Linguine with avocado, tomato & lime



Use guacamole ingredients to make this low-calorie vegan linguine which can also be served cold as a pasta salad. It delivers on flavour and it's healthy.

**PREP:** 20 MINS

**COOK:** 10 MINS

**Nutrition:** Per serving

kcal 450 | fat 20g | saturates 4g | carbs 49g | sugars 11g | fibre 13g | protein 11g | salt 0.4g

### Ingredients

- 115g wholemeal linguine
- 1 lime, zested and juiced
- 1 avocado, stoned, peeled, and chopped
- 2 large ripe tomatoes, chopped
- ½ pack fresh coriander, chopped
- 1 red onion, finely chopped
- 1 red chilli, deseeded and finely chopped (optional)

### Method

1. Cook the pasta according to pack instructions – about 10 mins. Meanwhile, put the lime juice and zest in a medium bowl with the avocado, tomatoes, coriander, onion and chilli, if using, and mix well.

2. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm, or cold.

### 3. Pork souvlaki



**PREP:** 15 MINS

**COOK:** 10 MINS

#### **Nutrition: Per serving**

kcal 210 | fat 8g | saturates 2g | carbs 8g sugars 8g | fibre 5g | protein 25g | salt 0.3g

#### **Ingredients**

- 400g lean pork shoulder, cut into 2cm chunks
- 1 tbsp olive oil
- ½ tbsp dried oregano
- 1 lemon, zested and juiced
- ½ tsp hot paprika
- 100ml fat-free yogurt
- 1 small garlic clove, grated
- ½ cucumber, trimmed and grated
- 2 red peppers, deseeded and cut into chunks



- ❑ 2 Little Gem lettuce, leaves separated chilli sauce, to serve (optional)
- ❑ flatbreads, warmed, to serve (optional)

### Method

1. Put the pork in a large bowl with the oil, oregano, lemon zest and juice and paprika as well as a good pinch of salt. Toss everything together to combine and leave to marinate for 10 mins.
2. Combine the yogurt, garlic and cucumber together in a bowl. Season with salt and set aside.
3. Heat the grill to high. Thread the marinated pork and the peppers on four metal skewers, alternating between the pork and peppers as you go. Place on a non-stick baking sheet and grill for 3-4 mins on each side, or until cooked through and golden brown.
4. Serve with the lettuce, yogurt mixture and chilli sauce, and flatbreads, if you like.

### 4. Pomegranate chicken with almond couscous



Jazz up chicken breasts in this fruity, sweetly spiced sauce with pomegranate seeds, toasted almonds and tagine paste.

**PREP:** 5 MINS

**COOK:** 15 MINS

**Nutrition:** per serving

kcal 590 |fat 20g |saturates 2g |carbs 50g |sugars 14g |fibre 4g |protein 50g |salt 0.4g

## Ingredients

- 1 tbsp vegetable oil
- 200g couscous
- 1 chicken stock cube
- 1 large red onion, halved and thinly sliced
- 600g chicken mini fillets
- 4 tbsp tagine spice paste (available from Tesco or Marks & Spencer), or 2 tbsp harissa
- 190ml bottle pomegranate juice (not sweetened; we used Pom Wonderful)
- 100g pack pomegranate seeds
- 100g pack toasted flaked almond
- small pack mint, chopped

## Method

1. Boil the kettle and heat the oil in a large frying pan. Put the couscous in a bowl with some seasoning and crumble in half the stock cube. Add the onion to the pan and fry for a few mins to soften. Pour boiling water over the couscous to just cover, then cover the bowl with a tea towel and set aside.
2. Push the onion to one side of the pan, add the chicken fillets and brown on all sides. Stir in the tagine paste or harissa and the pomegranate juice, then crumble in the rest of the stock cube and season well. Simmer, uncovered, for 10 mins until the sauce has thickened and the chicken is cooked through. Stir through the pomegranate seeds, saving a few to scatter over before serving.
3. After 5 mins, fluff up the couscous with a fork and stir through the almonds and mint. Serve the chicken on the couscous with the sauce spooned over.

## 5. Pineapple fried rice



Add chunks of fresh pineapple to fried rice to transform it into something special. Serve on its own for a family dinner, or as part of a Chinese banquet. **PREP:** 10 MINS

**COOK:** 10 MINS

### **Nutrition: Per serving**

kcal 301 |fat 9g |saturates 2g |carbs 44g |sugars 13g |fibre 4g |protein 9g |salt 0.8g

### **Ingredients**

- 1½ tbsp sunflower or vegetable oil
- 2 eggs, beaten
- 2 garlic cloves, crushed small bunch of spring onions , chopped
- ½ tsp Chinese five-spice powder
- 400g cooked long-grain rice
- 85g frozen peas
- 2 tsp sesame oil
- 2 tbsp low-salt soy sauce
- 400g fresh pineapple, roughly chopped into chunks (about ½ medium pineapple)

### **Method**

1. Heat 1 tbsp oil in a wok. Add the eggs, swirling them up the sides, to make a thin omelette. Once cooked through, roll the omelette onto a chopping board and cut into ribbons.
2. Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice (if using pouches, squeeze them first, to separate the grains), peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.

## 6. Prawn & harissa spaghetti



Try our spaghetti dinner for two, with king prawns and harissa dressing. It only takes 20 minutes to make and is healthy too – great for a midweek meal, or a special occasion like Valentine's Day.

**PREP:** 5 MINS

**COOK:** 15 MINS

**Nutrition: Per serving**

kcal 511 |fat 13g |saturates 2g |carbs 72g |sugars 6g |fibre 7g |protein 22g |salt 0.9g

**Ingredients**

- 100g long-stem broccoli, cut into thirds
- 180g dried spaghetti
- 2 tbsp olive oil

- ❑ 1 large garlic clove, lightly bashed
- ❑ 150g cherry tomatoes, halved
- ❑ 150g raw king prawns
- ❑ 1 heaped tbsp rose harissa paste
- ❑ 1 lemon, finely zested

### Method

1. Bring a pan of lightly salted water to the boil. Add the broccoli and boil for 1 min 30 secs, or until tender. Drain and set aside. Cook the pasta following pack instructions, then drain, reserving a ladleful of cooking water.
2. Heat the oil in a large frying pan, add the garlic clove and fry over a low heat for 2 mins. Remove with a slotted spoon and discard, leaving the flavoured oil.
3. Add the tomatoes to the pan and fry over a medium heat for 5 mins, or until beginning to soften and turn juicy. Stir through the prawns and cook for 2 mins, or until turning pink. Add the harissa and lemon zest, stirring to coat.
4. Toss the cooked spaghetti and pasta water through the prawns and harissa, season to taste and serve.

### 7. Nutty chicken satay strips



Keep these nutty chicken satay strips in the fridge for a healthy choice when you're peckish. The chicken is served with cucumber and sweet chilli sauce.

**PREP:** 10 MINS

**COOK:** 8 MINS - 10 MINS

**Nutrition: Per serving** (excluding sweet chilli sauce)

kcal 276 |fat 10g |saturates 2g |carbs 3g |sugars 2g |fibre 2g |protein 41g| salt 0.7g

### **Ingredients**

- 2 tbsp chunky peanut butter (without palm oil or sugar)
- 1 garlic clove, finely grated
- 1 tsp Madras curry powder few shakes soy sauce
- 2 tsp lime juice
- 2 skinless, chicken breast fillets (about 300g) cut into thick strips about 10cm cucumber, cut into fingers sweet chilli sauce, to serve

### **Method**

1. Heat oven to 200C/ 180C fan/ gas 4 and line a baking tray with non-stick paper.
2. Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.
3. Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.
4. Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

## **8. Steak & broccoli protein pots**





These protein pots feature steak with a tasty Japanese twist served with wholegrain rice and a zing of sushi ginger. Rustle them up in less than 20 minutes.

**PREP:** 10 MINS

**COOK:** 9 MINS

### **Nutrition: Per serving**

kcal 385 |fat 10g |saturates 4g |carbs 38g |sugars 2g |fibre 9g |protein 30g |salt 0.8g

### **Ingredients**

- 250g pack wholegrain rice mix with seaweed (Merchant Gourmet)
- 2 tbsp chopped sushi ginger
- 4 spring onions, the green part finely chopped, the white halved lengthways and cut into lengths
- 160g broccoli florets, cut into bite-sized pieces
- 225g lean fat-trimmed fillet steak

### **Method**

1. Tip the rice mix into a bowl and stir in the ginger, chopped onion greens and 4 tbsp water. Add the broccoli and the spring onion whites, but keep the onions together, on top, as you will need them in the next step. Cover with cling film, pierce with the tip of a knife and microwave for 5 mins.

2. Meanwhile heat a non-stick frying pan and sear the steak for 2 mins each side, then set aside. Take the onion whites from the bowl and add to the pan so they char a little in the meat juices while the steak rests.
3. Tip the rice mixture into 2 large packed lunch pots. Slice the steak, pile the charred onions on top and seal until you're ready to eat.

## 9. Spiced carrot & lentil soup



A delicious, spicy blend, packed full of iron and low fat to boot. It's ready in under half an hour or can be made in a slow cooker.

**PREP:** 10 MINS

**COOK:** 15 MINS

### Nutrition:

kcal 238 |fat 7g |saturates 1g |carbs 34g |sugars 0g |fibre 5g |protein 11g |salt 0.25g

### Ingredients

- 2 tsp cumin seeds pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils



- 1l hot vegetable stock (from a cube is fine)
- 125ml milk
- plain yogurt and naan bread, to serve

### Method

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

### 10. Fresh salmon with Thai noodle salad



Ideal for a quick midweek meal, whip up this nutritious salmon and noodle salad in just 20 minutes. The balance of protein and carbs make it super satisfying.

**PREP:** 15 MINS

**COOK:** 5 MINS

**Nutrition:** Per serving

kcal 517 |fat 22g |saturates 4g |carbs 39g |sugars 7g |fibre 8g |protein 36g |salt 0.86g

## Ingredients

- 2 skinless salmon fillets
- 1 large orange, the juice and zest of half, the rest peeled and chopped
- 125g French beans, trimmed and halved
- 50g mange tout, shredded
- 75g frozen peas
- 75g vermicelli rice noodles
- 2 tsp red curry paste
- 1 tsp fish sauce
- 3 spring onions, finely chopped half a pack basil or coriander, chopped

## Method

1. Put a pan of water on to boil. Line a steamer with baking parchment, add the salmon fillets and scatter with a little of the orange zest. When the water is boiling, add the beans to the pan, put the salmon in the steamer on top and cook for 5 mins. Take the salmon off, and if it is cooked, set aside but add the peas and mange tout to the pan and cook for 1 min more, or if not quite cooked leave on top for the extra min. Drain the veg, but return the boiling water to the pan, add the noodles and leave to soak for 5 mins.
2. Put the curry paste and fish sauce in a salad bowl with the orange juice and a little of the remaining zest and the spring onions. Drain the noodles when they are ready and add to the salad bowl, toss well, then add the chopped orange with the basil or coriander and the cooked vegetables. Tip in the juice from the fish, then toss well and serve in bowls with the salmon on top.



## **BASIC COOKING TECHNIQUES TO PREPARE FOOD IN HEALTHY WAYS.**

The healthy-cooking methods described here best capture the flavor and retain the nutrients in foods without adding excessive amounts of fat or salt. Use them often to prepare your favorite dishes.

### **Baking**

Besides breads and desserts, you can bake seafood, poultry, lean meat, vegetables and fruits. For baking, place food in a pan or dish, covered or uncovered. Baking generally doesn't require that you add fat to the food.

### **Braising**

Braising involves browning the ingredient first in a pan on top of the stove, and then slowly cooking it partially covered with a small quantity of liquid, such as water or broth. In some recipes, the cooking liquid is used afterward to form a flavorful, nutrient-rich sauce.

### **Broiling and grilling**

Broiling and grilling expose food to direct heat. Both methods allow fat to drip away from the food.

To grill outdoors, place the food on a grill rack above a bed of charcoal embers or gas-heated rocks. If you have an indoor grill, follow the manufacturer's directions. For smaller items, such as chopped vegetables, use foil or a long-handled grill basket to prevent pieces from slipping through the rack.

To broil, place food on a broiler rack below a heat element.

### **Poaching**

To poach foods, gently simmer ingredients in water or a flavorful liquid, such as broth or wine, until they're cooked through and tender. The food retains its shape during cooking. For stove-top poaching, choose a covered pan that best fits the size and shape of the food so that you can use a minimal amount of liquid.

### **Roasting**

Like baking, but typically at higher temperatures, roasting uses an oven's dry heat to cook the food. You can roast foods on a baking sheet or in a roasting pan.

For poultry, seafood and meat, place a rack inside the roasting pan so that the fat in the food can drip away during cooking. To maintain moisture, cook foods until they reach a safe internal temperature but don't overcook them.

### **Sauteing**

Sauteing quickly cooks relatively small or thin pieces of food. If you choose a good-quality nonstick pan, you can cook food without using fat. Depending on the recipe, use low-sodium broth, cooking spray or water in place of oil.

### **Searing**

Searing quickly browns the surface of food at a high temperature, locking in flavor and adding a crusty texture to meats and other proteins. Heat a pan on high heat and use a small amount of oil for a golden crust. Finish cooking with another cooking method such as braising or roasting.

### **Steaming**

One of the simplest cooking techniques is steaming food in a perforated basket suspended above simmering liquid. If you use a flavorful liquid or add seasonings to the water, you'll flavor the food as it cooks.

### **Stir-frying**

A traditional Asian method, stir-frying quickly cooks small, uniform-sized pieces of food while they're rapidly stirred in a wok or large nonstick frying pan. You need only a small amount of oil or cooking spray for this cooking method.

## New ways to flavor healthy foods

Creating meals with herbs, spices and other natural flavorings is one of the best ways to add color, taste and aroma to foods without adding salt or fat. Healthy flavor boosts include:

- **Fresh herbs.** Choose herbs that look bright and aren't wilted, and add them toward the end of cooking.
- **Dried herbs.** Add pinches of dried herbs in the earlier stages of cooking. But avoid prepackaged seasoning mixes because they often contain a lot of salt.
- **Dried mustard.** Used sparingly, dried mustard adds a zesty flavor while cooking.
- **Vinegar or citrus juices.** Add them at the last moment. Vinegar is great on vegetables, and citrus works well on fruit such as melons.
- **Marinades.** Try a low-fat marinade for foods that you broil, grill or roast. To make your own marinade, use 1 part oil to 2 parts vinegar or citrus juice, and add herbs and spices as desired.
- **Fresh hot peppers.** Remove the membranes and seeds first, and then finely chop the peppers. A small amount goes a long way.
- **Dried vegetables and fruits.** Some vegetables and fruits — such as mushrooms, tomatoes, chilies, cherries, cranberries and currants — have a more intense flavor when dried than when fresh. Add them when you want a burst of flavor.



## **HOW TO COMBINE FOODS WITH NO SIDE EFFECT**

Do you ever feel bloated like a hot air balloon after eating? Or sluggish and heavy? Many of us do – and even though it's common, feeling digestive discomfort or fatigue after eating isn't normal. In fact, after you eat you should feel energized, refreshed, and ready to take on the world.

So, if you suffer from annoying symptoms that make you regret the last meal you ate, your body might benefit from following some simple food combining rules. Now, before we get into the details of food combining, I'd like to make a quick disclaimer.

Food combining rules are simply meant to be guidelines for improving digestion, promoting gut health, and easing existing digestive symptoms. The food combining principles we're about to discuss aren't meant to be hard rules to follow for the rest of your life (although you could, if you wanted to).

Instead, food combining rules simply recommend the order in which you eat specific nutrients, to help you better digest and absorb the foods you eat.



## What Are Healthy Food Combining Rules?

These food combining rules provide a simple approach towards eating, based on the way your body digests specific foods.

Proper food combining can help improve your digestion and assimilation of nutrients, and may even be helpful for those who have a compromised digestive system, or suffer from digestive disorders, such as irritable bowel syndrome (IBS).

Here's why these food combining rules can make a difference: each macronutrient (proteins, carbohydrates, and fats) digests at a different speed. Also, each requires the release of different digestive solutions and enzymes to be broken down.

So if you eat foods at the same meal that have opposite digestive requirements, they're considered bad food combinations. Bad food combinations can result in an intestinal "traffic jam," which can result in symptoms such as gas, bloating, belching and abdominal cramps.

Let's go into more detail about how food combining works, so you can decide for yourself.

### How to Start Food Combining For Improved Digestion

These basic food combining rules go hand-in-hand with eating for energy, and are designed to help you steer clear of the discomfort you can feel from poor digestion.

#### 1. Eat Fruit Alone

While there's nothing better than having a fruity dessert after your meal, combining fruit with other foods is a recipe for digestive disaster. This is because fruit is a simple sugar that digests very rapidly, in roughly 20 to 30 minutes. Since fruit digests faster than any other food, it's best eaten alone.

Let's say, for example, you decided to have a fruit salad with your eggs. Eggs are a protein, which can take between 3 to 4 hours to digest. Since the fruit only takes 20 to 30 minutes to digest, combining it with a protein will create a gastrointestinal (GI) tract traffic jam. That's why it's also best to avoid eating fruit right after meals.

Most people aren't bothered when they combine fruit with leafy greens or celery since they are mostly water. But as a general rule, fruit is best eaten alone on an empty stomach so that it doesn't have the chance to ferment.

Fermentation in your GI tract not only leaves you feeling gassy and bloated, but can also create a feast for unfriendly bacteria. It's still important to eat fruit even though it doesn't combine well with other foods – it's an excellent source of essential vitamins and minerals that we need for healthy cells, energy and digestive function.

Now, there are exceptions to every rule, including eating fruit alone.

Blending (think smoothies) “pre-digests” the ingredients, so fruit can be combined with other nutrients in smoothies, such as healthy fats from hemp hearts, chia seeds, avocado or plant protein. So, why not get your daily fruit fix with a green smoothie each morning? One of my favorites is this Red Velvet Smoothie.

## **2. Pair Protein with Non-Starchy Vegetables**

We've already covered the basics of protein digestion, so I'll keep it short and sweet here. As you now know, in order to be digested, protein needs an acidic environment, which is why it's considered a bad food combination to eat protein with starches.

However, protein can be paired with leafy greens and other high-water-content vegetables, such as asparagus, peppers, celery or broccoli. Since these vegetables are rich in their own enzymes, they don't require an alkaline environment for digestion. As a result, they don't interfere with the acidic environment required by protein.

Good protein combinations include:

- Wild salmon + broccoli + green beans
- Organic chicken + sauteed kale + mashed cauliflower
- Organic ground turkey + sauteed bell peppers, onions and swiss chard

Now, we've mostly talked about animal protein, but the same food combining rules apply to plant proteins, such as beans and legumes.

## **3. Pair Starches with Healthy Fats and Vegetables**

Starches (like brown rice and quinoa), along with starchy vegetables (such as sweet potatoes and squash), need an alkaline environment for digestion.

For this reason, starches combine best when eaten together – for example, brown rice or quinoa and sweet potatoes. Since non-starchy vegetables and leafy greens are considered neutral, they can also combine well with starches.

But wait ... aren't beans and legumes considered a starch?

Beans and legumes are a trickier food to categorize under food combining rules because they contain both protein and starch, which in itself is an improper food combination. But since they're primarily considered a starch, it's suggested beans and legumes digest best with vegetables and other starches, such as brown rice.

Proper food combining with starches would look like:

- Quinoa + avocado + ½ baked potato drizzled with organic butter
- Lentil soup with vegetable broth + mixed veggies
- Homemade yam fries + olive oil + parsley

- Brown rice bowl + veggies sauteed in coconut oil + vegetable broth

#### **4. Leafy Greens and Non-Starchy Vegetables Go with Everything**

As we covered earlier, leafy greens and non-starchy vegetables contain their own digestive enzymes, and can be paired with any food combination without causing a traffic jam in your GI tract. Now, if you want to be methodical with your food combining, you could eat your leafy greens first before moving on to the rest of your plate.

This is because leafy greens digest quicker than proteins, starches and fats. But unlike fruit, they aren't high enough in natural sugars to create a major GI tract traffic jam. So when in doubt about food combining rules, simply choose to eat a single macronutrient (a protein, starch or healthy fat) with a leafy green or non-starchy vegetable.

#### **5. Drink Water Away From Meals**

Another food combining rule for better digestion is to avoid drinking large sips of cold water with your meals. Water can dilute your digestive fluids, which can slow down digestion. Instead, it's best to have small sips of room temperature water with your meals, and focus on drinking the majority of your daily water intake away from meals.

You can support your overall digestive process by drinking a glass of lemon water roughly 20 minutes before a meal. Lemon contains ascorbic acid, which can help stimulate digestion.

Apple cider vinegar is so beneficial to digestion because it contains acetic acid. Acetic acid mimics stomach acid, which is why it can help improve poor or weakened digestion. Acetic acid has also been shown to improve calcium and magnesium absorption.

#### **6. Spices, Herbs and Citrus Are Neutral**

Spices and herbs like ginger, garlic, turmeric, apple cider vinegar, mustard, curry powder – along with and citrus fruits such as lemon and lime – are all considered neutral. They form proper food combinations when paired with a protein, fruit, starch or healthy fat.

Any spice or herb can be used to jazz up your favorite recipes, such as ginger in your Detox Green Juices, or lemon and apple cider vinegar on your Detox Greens

Salad.

## **7. Minimalist Meals Digest Best**

If you ever forget the specifics of these food combining rules, just remember that meals with fewer ingredients digest the best because they require fewer enzymes. So, when in doubt, choose one major macronutrient and pair it with a non-starchy vegetable or leafy green— and remember to always eat fruit alone, at least twenty minutes before a meal.

Minimalist meals are also easy to order at restaurants, or anywhere else you might go to eat.

For example:

- Scrambled eggs + mushrooms + spinach
- Rye flaxseed toast + grassfed butter or coconut oil + avocado
- Grilled veggie sandwich on whole grain bread + Dijon mustard + sprouts

As you can see, food combining rules may seem complicated at first, but they're simple to follow when it comes down to the basic concept of eating macronutrients separately from one another.

But again, you don't have to become fanatical about food combining rules. Instead, keep them in the back of your mind – especially if you have digestive and gut issues, which may be resolved by making things a bit easier to digest through proper healthy food combinations.