

Nutty Recovery Bars

What you eat after a workout is an important part of any training programme. While store bought sports bars can be expensive and contain unwanted additives, these easy-to-make bars are the perfect fuel to help you recover after training. Made primarily from oats, nuts, seeds and nut butters, they provide a good balance of carbohydrate, protein and healthy fats, making them a delicious and healthy post-workout snack.



Makes 12 bars



Ingredients

INGREDIENTS

- 75ml raw honey
- 100g almond butter (or nut butter of choice)
- 50g coconut oil
- 150g mixed nuts, chopped
- 150g rolled oats
- 100g mixed dried fruit, chopped
- 2 tablespoons flax or chia seeds, ground



Method

1. Put the honey, almond butter and coconut oil in a saucepan and heat gently until melted.
2. Toast the nuts by heating a small frypan on the stove (you don't need to add oil). Once hot, add the chopped nuts to the pan and lightly toast, stirring frequently until they start to turn golden brown. Remove from heat. Be careful not to let them burn.
3. In a large bowl mix together the oats, dried fruit and flax/chia seeds. Add in the toasted chopped nuts and the honey and almond butter mixture. Mix until well combined.
4. Transfer the mixture to an 18 x 18cm baking dish lined with baking paper and freeze until set, generally an hour or so. Cut into bars and serve.

Record-Beeting Sports Smoothie

This hydrating smoothie is jam-packed with nutrients to help muscles and joints recover. Silken tofu delivers a creamy injection of protein to fuel muscle repair and growth. The beetroot, kale, berries and apple contain carbs, vitamin C and B vits needed for cellular energy – plus a range of antioxidants which can help quell post exercise soreness. This is also boosted by healthy fats in the flax seeds which convert to anti-inflammatory omega 3's. It's a real winner!

Serves 1



Ingredients

- 1 small peeled beetroot (pre-cooked, or raw)
- 1 handful of de-ribbed kale leaves
- 1 cup mixed berry fruit (can be frozen)
- 1 cored apple, chopped
- 1/2 cup (100g) Silken tofu
- 1 tbsp flax seeds, or milled flax seeds
- 2 fresh dates
- 150 - 200 ml unsweetened almond milk



Method

Put all the ingredients in your blender and whizz together until nice and smooth.

This is a winning, balanced sports smoothie, but if you want extra protein and some bite, you can sprinkle on more flax seeds.

Angela Steel

RECIPES FOR SUCCESS

22 Tasty, healthy
and easy recipes



The recipe section from 'Eat Your Way to the Top' - in full colour

RECIPES FOR SUCCESS

22 Tasty, healthy
and easy recipes

A n g e l a S t e e l

Eat your Way to the Top –
31 Habits for Optimising Your Potential at Work and Beyond

This edition first published by SuperWellness Publishing,
431 London Road,
Cheam SM3 8JN, UK
Email: angela@superwellness.co.uk

Cover and text design by ebook-designs.co.uk

Text copyright © Angela Steel 2014

Angela Steel has asserted her right under the Copyright, Designs and Patents Act 1988 to be identified as the author of this work.

All rights reserved.

No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, without prior permission in writing from the Publishers.

A CIP record for this book is available from the British Library.

ISBN 978-0-9574131-2-2

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent medical professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this workbook. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Recipes for Everyday Success

Do you need some inspiration to stick with a healthy lifestyle? This recipe book is designed specifically for time-starved high achievers who want to take control of their eating patterns, without giving up the day job. These tasty, nutritious, easy recipes for breakfast, lunch and dinner are divided into 2 categories to help you get organised:



15 minutes
preparation or less



Suitable for batch cooking
(longer preparation but lends itself to storing portions for later)

PLANNING AND PREPARATION

You'll find these recipes easy and enjoyable to make (as well as very tasty!), providing you set aside a bit of time for planning each week (as you get into the swing of things, you'll find the planning becomes second nature and may only even take a couple of minutes.)

Planning just means deciding which recipes you'll make and when (the batch cooking recipes lend themselves well to weekends), and drawing up a list of ingredients you'll be needing (see the ingredients list at the end of this book). It's also important to find the most effective way to get your supplies (buying online or in bulk is a huge time saver, as is getting organic veg boxes delivered to your home). **Check the recommended suppliers list online at www.superwellness.co.uk/eat-well-at-work/recommended-suppliers**

Whichever way you decide to do your shopping, once it's planned and done, you'll be more than 50% there already. Think of it as your 'mise en place' - professional chefs always lay out all of the ingredients they'll need for their shift, so they can work efficiently and achieve Michelin star results. In the same way, you can save huge amounts of time and effort by being prepared. And focus on optimum nutrition to help you be at your best.

CONTENTS

Breakfast










- ✂ Berry Oat Pancakes
- 🕒 Rye Bread with Ripe Avocado and Hot Smoked Salmon
- 🕒 Green Protein Smoothie
- 🕒 Protein Shake with Berries
- 🕒 Mushroom Tofu Scramble
- ✂ Mini Silken Tofu Frittatas





Lunch

- 🕒 Butterbean, Mackerel and Egg Salad
- 🕒 Mediterranean Omelette
- ✂ Moroccan Quinoa Salad
- 🕒 Fajita Wrap with Chicken Tikka and Avocado
- 🕒 Greek Salad Wrap

Dinner

-  Tandoori Salmon, Sweet Potato & Delicious Avocado Salsa
-  Cannellini Bean Dip
-  Liver Loving Super Pasta
-  Hot Sweet & Sour Grilled Salmon with Shiitake Mushrooms
-  Thai Green Chicken Curry
-  Mulligatawny Soup
-  Black Bean Green Wraps
-  Dhansak
-  Quinoa Chapattis

Snacks

-  Tahini and Chocolate Cake
-  Spicy Coco Winter Warmer



Shopping list

“ Whichever way you decide to do your shopping, once it’s planned and done, you’ll be more than 50% there already.

Breakfast recipes

Berry Oat Pancakes

If you want a change from porridge, then look no further. This winner of a breakfast is like porridge in pancake form. It's satisfying and tastes fantastic.

Several of my clients now cook up a batch of these over the weekend, store them in the fridge and just warm them up on week days.

What a treat to start the day with!

 **Serves 2**

INGREDIENTS

For the pancakes:

- 175g (6oz) oat flour (or blend whole oat flakes in a coffee grinder)
- 1 large free range egg
- 250 ml milk or substitute
(Koko coconut milk, Ecomil almond milk or oat milk)
- A little coconut oil or (non extra virgin) olive oil for frying
- 1 tsp vanilla extract

For the topping:

- 300g blueberries, raspberries, blackberries or strawberries
- ½ tbsp xylitol (or 1 tsp muscovado sugar) to taste
- 2 tbsp low fat organic plain yoghurt

PREPARATION

1. Leave berries and xylitol (or sugar) to simmer with a splash of water until they soften
2. Whisk the pancake ingredients together to form a batter
3. Oil the frying pan and leave a minute on the hob to heat.
4. Ladle the batter in small amounts onto the frying pan to make small pancakes
5. Serve covered with the cooked blueberries and a tablespoon of yoghurt



Rye Bread with Ripe Avocado and Hot Smoked Salmon

You can use dark rye bread or German style pumpernickel bread for this breakfast recipe. Rye is dense and lower GL (glycaemic load) compared to other types of grain, it is also rich in insoluble fibre, which binds to toxins in the colon and helps remove them efficiently. Rye does contain gluten (although less than wheat) so if you are going gluten free, you could use the savoury topping from this recipe on the oat pancakes (using gluten free oats for the flour).

 Serves 1

INGREDIENTS

- 1.5 pieces of German rye bread (you can also use wholemeal)
- 1 large ripe avocado
- 50g hot smoked salmon flakes
- Juice of half a lemon



PREPARATION

1. Roughly chop the ripe avocado and squash on to the bread with a fork.
2. Flake the salmon on top and squeeze lemon juice over the top.



Green Protein Smoothie

This green smoothie is a rich symphony of powerful nutrients that will feed and detoxify your whole body. Packed full of phyto-nutrients each bringing unique and subtle benefits, it works on many levels. Here are just a few of its key properties:

Cucumber and celery both have diuretic properties, helping to remove toxins from the body. Kiwis and limes are rich in vitamin C, a powerful antioxidant which counters the damaging effects of free radicals responsible for ageing and wrinkles.

Avocados are a powerhouse of essential fats, brilliant for preventing dry skin. They also contain large amounts of sterolins, a protein proven to reduce the appearance of age spots, scars and sun damage. The oil from avocados has been proven to increase the amount of collagen in the skin. According to the UCLA Center for Human Nutrition in California, compared to other fruits, avocados have the highest Vitamin E content - another powerful antioxidant which helps to keep the skin from oxidizing. Unusually for a non-fatty fruit, kiwis are also a great source of Vitamin E.

 Serves 1



INGREDIENTS:

- 300ml spring or filtered water
- 80g Cucumber
- 80g Spinach
- 1 Kiwi
- 60g Celery
- 60g Avocado (approx half a large avocado)
- 15g pea protein (you can also use whey or other types of protein providing they are free of additives and sweeteners)
- Juice of half a lime
- Ingredients must be fresh, raw and preferably organic.

PREPARATION:

1. Make the smoothie fresh first thing each morning by placing the water in the blender first.
2. Chop all ingredients, add one at a time and blend until smooth with the protein powder
3. Divide the smoothie into two servings. Consume half before breakfast and the second half before lunch, having kept it refrigerated or placed in a cold thermos flask.



Protein Shake with Berries

Having a protein breakfast is a smart move if you want to lose weight or better control your blood sugars - and appetite throughout the day. Especially if you struggle to eat or make time for breakfast first thing. One of the big reasons for this is that our blood sugars are naturally higher in the morning. Insulin release from the pancreas also follows a circadian rhythm, so carbohydrates consumed in the morning will lead to more fat storage than in the evening.

A note of caution: when choosing a protein powder, always check for additives and sweeteners (avoid any brands which contain maltodextrin or sucralose). Check my list of recommended suppliers at www.superwellness.co.uk/eat-well-at-work/recommended-suppliers

 Serves 1



INGREDIENTS

- 50g Impact Whey Protein powder – Unflavoured (or other brand with no sweeteners or additives)
- 1 tablespoon Chia seeds
- Between 50 and 100g berries (blueberries, raspberries, strawberries, etc...)
- 1 large tumbler of Koko coconut milk (or unsweetened oat milk or almond milk)

PREPARATION

Mix all ingredients in a blender and drink.



Mushroom Tofu Scramble

A versatile breakfast or brunch recipe, which you can adapt to suit the ingredients you have in your fridge. You can use any type of mushroom you like – shiitake mushrooms are especially tasty, and renowned for their benefits. Not only are they a rich source of bio-available iron, and fantastic immune boosters, recent research has also shown they have protective properties when it comes to our blood vessels.

 Serves 1

INGREDIENTS

- 100g Clearspring organic silken tofu (1/3 packet)
- 1 large organic free range egg
- 70g mushrooms
- 4 cherry tomatoes, chopped in two
- 1 handful spinach
- 2 tsp olive oil



PREPARATION

1. Oil the frying pan and add mushrooms over the heat.
2. Once the mushrooms have softened, add spinach and cherry tomatoes
3. While the spinach is wilting in the pan, take a bowl and mix the silken tofu with the egg.
4. Beat with a fork, then pour over the mushrooms, tomatoes and spinach.
5. Fold every now and again to ensure the tofu/egg mixture is cooked through (should take about 5 mins)



Mini Silken Tofu Frittatas

This is a tasty and fun brunch recipe, packed full of colourful plant nutrients (and there's nothing to stop you improvising with what you have in your veg basket! Cherry tomatoes, lightly steamed broccoli or asparagus – the sky is the limit!)

I also enjoy this because it's a lighter version of a traditional fully-egged frittata. The silken tofu is light and lends a gorgeous soft texture to the whole thing. Tofu is high in phyto-estrogens which help with hormone balancing (with tofu, you need to be sure to source good quality products rather than highly processed versions which unfortunately can turn soya beans into an unhealthy ingredient!)

You could make a simpler version of this by leaving the muffin tin in the cupboard and simply scrambling all the ingredients together in a frying pan. This is a perfect recipe if you're looking to lose weight – a high protein breakfast first thing really kicks your metabolism into action!

 **Makes 12 small frittatas (in a muffin tin)**

INGREDIENTS

- 300g Clearspring organic silken tofu (1 packet)
- 1 handful of baby spinach leaves

- 5 large organic free range eggs
- 12 pieces of sun drenched tomatoes
- 12 pieces of grilled artichoke in olive oil
- 100g chopped feta cheese
- 2 heaped teaspoons of mustard with seeds
- Pinch of sea salt
- Pinch of pepper
- 2 tsp olive oil

PREPARATION

1. Oil the muffin tin and heat the oven to 150 degrees
2. Lay a few leaves in each muffin space
3. Break the eggs into a bowl and use a fork to mix in the silken tofu, mustard, feta cheese and seasoning.
4. Spoon this mixture into the 12 muffin spaces, on top of the spinach leaves
5. Add the sun drenched tomatoes to 6 and the artichoke to the other 6.
6. Leave in the oven for 10 - 15 minutes



Lunch recipes

Butterbean, Mackerel and Egg Salad

Here's a satisfying packed lunch you can put together in 5 minutes. It's guaranteed to keep afternoon hunger pangs at bay, thanks to its ideal combo of ingredients rich in protein, beneficial fats and fibre. Butter beans have a delicate flavour and supply magnesium, which helps relax the arteries. One study found that those who ate legumes at least four times a week had a 22% lower risk of cardiovascular disease. They're an excellent source of protein as well as great fibre.

Several of my clients now cook up a batch of these over the weekend, store them in the fridge and just warm them up on week days.

Beans are also great for protecting the cells in your colon, because they contain 'resistant starch'. While most starches are broken down by enzymes in the small intestine into sugar, which is then absorbed into the blood, resistant starch makes its way to the colon, where it gets fermented by intestinal bacteria. This fermentation produces 'butyrate', a fatty acid which feeds the colon cells and may protect them against cancer.

A good reason to live a life full of beans!

🍴🕒 Serves 1

INGREDIENTS

- ½ tin butter beans, drained and rinsed
- 1 small smoked mackerel fillet
- 1 hard-boiled egg
- 1 large handful rocket, watercress or salad leaves
- ½ ripe avocado
- 5 cherry tomatoes
- 2 spring onions
- 1 tablespoon extra virgin olive oil
- 1 capful of balsamic vinegar
- 1 pinch black pepper
- Optional: 1 fajita wrap

PREPARATION:

1. Chop the tomatoes, spring onions, egg and avocado and put them in a bowl.
2. Break up the mackerel fillet and add to the bowl together with the rinsed butter beans and salad leaves.
3. Drizzle with the olive oil and balsamic vinegar.
4. Serve in a bowl or in a wrap if on the move.



Mediterranean Omelette

Most days when I'm working from home, and wanting a quick but hot lunch, I opt for a tasty omelette. The sun drenched tomatoes add a lovely sharpness as well as a whole army of antioxidants, including vitamin C and carotenoids to support your immune system. Lycopene is one of these carotenoids, and is known in particular for its benefits in lowering the risk of prostate cancer.

 Serves 1

INGREDIENTS

- 2 large free range organic eggs
- 8 pieces of sun drenched tomato
- 50g feta cheese, chopped
- 1 tsp mixed herbs (and fresh if you wish)
- 2 tsp olive oil (cooking)

PREPARATION

1. Oil a frying pan and add the feta cheese and sun drenched tomatoes
2. Mix the eggs in a bowl, and once the feta cheese has begun to melt, pour the eggs on top
3. Once the eggs have started to cook, sprinkle the herbs on top.
4. Fold to allow the omelette to cook through



Moroccan Quinoa Salad

A supernutritious take on the original sun-packed 'Tabbouleh', this recipe lends itself well to making in large amounts and keeping in the fridge for Tupperware refills. It packs a punch in both the protein and plant antioxidant departments, making it the perfect low glycaemic load meal.

Quinoa is a 'superfood' grown in the Peruvian Andes, more akin to a seed than a grain. It is a very useful substitute for couscous as it's so high in protein (instead of higher glycaemic load carbohydrates), avoids the wheat couscous is made from (which causes digestive problems in many) and is a true powerhouse of vitamins and minerals (whilst couscous is comparatively nutritionally poor).

 Serves 1

INGREDIENTS

- 50g quinoa cooked with 1/2 tsp turmeric and 1/2 tsp bouillon powder (you can prepare a big batch in advance and freeze 50g portions)
- ¼ tin chick peas, drained and rinsed
- 1 small sized pepper
- ½ a chilli (optional)
- 5 cherry tomatoes
- 2 inch section of cucumber
- Handful of parsley
- 50g feta cheese, diced.



- 2 or 3 mint leaves
- 1 tablespoon extra virgin olive oil
- Juice of half a lemon

PREPARATION

Quinoa: cook a whole packet in one go, and freeze 50g portions. Quinoa is not only a complete protein (containing all of the essential amino acids), it is also an incredibly rich source of vitamins and minerals.

Simmer in some water with an added teaspoon of turmeric and Swiss vegetable bouillon powder. Cooking time is approx 10-12 minutes. Keep checking to avoid overcooking. The seeds should still be slightly chewy but not hard.

The Salad:

1. Chop the pepper, chilli, tomatoes, cucumber and parsley finely.
2. Add to a bowl with the cooked quinoa and drained chickpeas.
3. Chop the mint extra fine and mix in.
4. Drizzle with the olive oil and lemon.



Fajita Wrap with Chicken Tikka and Avocado

You can simply buy the ingredients for this recipe and assemble them at work. No lengthy preparation needed! For those avoiding wheat, this would work well as a salad too.

 Serves 1

INGREDIENTS

- 100g Tikka chicken breast chunks
- 1 ripe avocado (small)
- 3 cherry tomatoes
- 1 large handful rocket, watercress or salad leaves
- 2 tbsp plain organic yoghurt
- 1 clove garlic
- 2 or 3 mint leaves
- 1 tbsp lemon juice
- 1 fajita wrap



PREPARATION

1. In a small bowl, crush garlic into the yoghurt and mix with finely chopped mint.
2. Chop the tomatoes and avocado and put them in a separate bowl.
3. Add the chicken breast chunks, and mix everything with the yoghurt.
4. Empty the mix onto a wrap, with the handful of salad leaves, drizzle with lemon juice and fold ready for lunch.



Greek Salad Wrap

Greek salad is a classic recipe, and here I've jazzed it up with a mouthwatering hummus dressing. A great way of adding some more protein to the whole combo!

 Serves 1

INGREDIENTS

- 100g Feta cheese, cubed
- 1 ripe avocado (small)
- 5 cherry tomatoes
- 1 small red onion
- 1 handful olives
- 1 large handful rocket, watercress or salad leaves
- 60g hummus
- 1 tbsp olive oil
- Juice of half a lemon
- 1 tbsp lemon juice
- 1 fajita wrap



PREPARATION

1. In a small bowl, mix hummus, olive oil and lemon juice to make a thick dressing.
2. Chop the tomatoes, onion and avocado and put them in a separate bowl.
3. Add the feta cheese, olives and salad leaves, and mix everything with the humus dressing.
4. Empty the mix onto a wrap, and fold ready for lunch (you can also increase the quantities of salad and remove the wrap).



Dinner recipes

Tandoori Salmon, Sweet Potato and Delicious Avocado Salsa

This well balanced dinner is a feast for the eyes and palate. Sweet potatoes are extremely high in beta-carotene, which the body can convert to vitamin A, beneficial for healthy skin, eyes and bones. As a fat soluble vitamin, it will be even better absorbed if eaten along with good fats. Just as well then that this meal has them in abundance: omega 3 containing salmon (in higher doses if you choose wild salmon), and oleic acid from olive oil and avocado. Great for your brain too! Oleic acid is one of the most common fats used in the myelin sheath, the envelope which protects the neurons.

 Serves 2

INGREDIENTS:

- Salmon (you can also substitute chicken)
- 1 tsp curry powder
- 1 tbsp low fat plain yoghurt

- 2 wild salmon fillets
- 1 or 2 cloves of garlic, crushed
- 1 large sweet potato (or 2 small)

Salsa

- 1 ripe avocado
- 1 handful of cherry tomatoes (or 2 medium sized)
- 1 small red onion
- 1 fresh chilli
- 1 tbsp olive oil
- Juice of half a lemon
- 2 lemon wedges



PREPARATION:

1. Mix the curry powder in a bowl with the crushed garlic and yoghurt.
2. Cut the salmon into large chunks and leave it to marinade in the yoghurt and currimix for a minimum of 20 minutes.
3. Pop the sweet potato in the oven in its skin
4. Chop the salsa ingredients finely and mix together with olive oil.
5. When the sweet potato is cooked, pop the salmon chunks under the grill and rotate until grilled on both sides (5 minutes).
6. Serve with half the sweet potato and salsa sauce, with a wedge of lemon on the side



Cannellini Bean Dip

Potato mash, move over! This low glycaemic alternative certainly won't have you falling asleep over your keyboard. And if you ever get bored of hummus, this is a great option for dipping your crudités in. This close cousin to the kidney bean has a smooth, delicate and nutty flavour.

  Serves 2, as a side, or as a dip

INGREDIENTS:

- 1 tin of cannellini beans, rinsed and drained
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 teaspoon Swiss Bouillon Powder
- Juice of half a lemon
- 3 tablespoons of organic milk (or substitute with coconut, almond or oat milk)

PREPARATION:

1. Combine all of the ingredients together in a food processor, process for around 1 minute – et voilà!
2. Warm up for a side of mash, or serve cold as a dip with crudités or oatcakes.



Liver Loving Super Pasta

Pure comfort on a plate, ready in 12 minutes, and comes with 'WOW!' taste factor guarantee. Wild rocket is considered a bitter food, and as such it stimulates bile flow out of the liver (helping it to detoxify). Part of the 'brassica' family, like broccoli, rocket contains many phytochemicals, including an 'indole' known to help detoxify hormones via the liver (it has been found to counter the carcinogenic effects of oestrogen).

As for artichokes, they are a natural liver tonic. Containing the phytonutrients Cynarine and Silymarin known to boost the regeneration of liver cells, they have long been considered a good natural remedy for hepatitis.

INGREDIENTS (PER PERSON):

- 2 small handfuls wholemeal pasta (or gluten free – seen here)
- ¼ tsp Chilli flakes
- 1 clove of garlic
- 1 small pinch Himalayan crystal salt
- 2 handfuls of Rocket
- 4-5 pieces of grilled Artichoke in olive oil, chopped (you can usually find these pre-prepared in the deli, or you can use fresh artichoke, which requires a bit more preparation time as you will need to steam it first)

- Alternatively you can use sun-drenched tomatoes too
- 50g Halloumi cheese, diced
- 1 tablespoon pine nuts, grilled lightly
- 1 tablespoon olive oil (for cooking)

PREPARATION:

1. Add pasta to boiling water in a pan.
2. Meanwhile: Make a generous bed of rocket in a pasta bowl, add chopped artichokes.
3. Grill the Halloumi pieces till they just start to turn brown. Then lightly grill the pine-nuts (you can use a dry frying pan – no oil)
4. Once the pasta is cooked (keep testing to catch 'al dente'), drain and place the empty pan back on the gas. Add olive oil, chilli flakes and the garlic. Before the garlic starts to turn brown, add the cooked pasta and toss so that it's coated with the olive oil, chilli and garlic. Add a small pinch of salt.
5. Lay the pasta on top of the green bed of leaves and artichokes, place Halloumi cubes and sprinkle the pine nuts over the top before serving.



Hot Sweet and Sour Grilled Salmon with Shiitake Mushrooms

This is a great lean protein meal, high in essential fats and plant nutrients. Beta glucans from the shiitake mushrooms provide powerful immune boosting properties, as does allicin from the garlic, with its antibacterial benefits. Not to mention ginger, rich in gingerols, its active components shown to have cancer fighting credentials.

 Serves 2

INGREDIENTS

- 1 punnet shiitake mushrooms
- 2 fillets wild salmon (farmed salmon is very low in omega 3s and poor quality)
- Juice of half a lemon
- Pinch of chilli flakes
- 2 tsp chopped ginger
- Crushed clove of garlic
- ½ tsp runny honey
- 2 tablespoons soy sauce or tamari sauce



PREPARATION:

1. Mix all of the ingredients apart from the salmon and the mushrooms in a bowl, then add the salmon and leave to marinate for at least 20 minutes.
2. Remove the salmon and grill until the skin goes crisp.
3. Meanwhile chop up the mushrooms and add other vegetables of your choice (e.g. peppers, courgettes, sugar snap peas, etc..). Stir fry for a couple of minutes, then add the rest of the marinade a couple of minutes before the vegetables are ready
4. Serve and enjoy!



Thai Green Chicken Curry

When I began making this recipe, years ago, I always stuck to the same vegetables (it had to be green beans, butternut squash and shitake mushrooms!). Then I started receiving a weekly organic box full of wonderful seasonal vegetables which I didn't have time to think up recipes for.

So I became more flexible and experimented with whatever was available in the kitchen – sweet potatoes,

Jerusalem artichokes (fantastic combo), cauliflower, you name it! I always try to keep a couple of portions of this green curry paste in the freezer so that all I have to do is throw everything in (10 minutes maximum including chopping time) and wait for it to cook (not that long depending how big the vegetable chunks are). And within half an hour, there's a beautifully fragrant nutritious home-made Thai curry on the table. This has been a firm favourite for quite a few years now!



INGREDIENTS

Curry paste

- (Enough for 3 batches of paste, which you can freeze, each providing 4 servings)
- 15 shallots
- 10 garlic cloves
- 3 Thai green chillies (or more to taste)
- 1 small bunch coriander
- 3 lemongrass stalks
- 1 tablespoon chopped ginger
- 2 teaspoons galangal paste (optional)

Sauce and contents

- Olive or coconut oil for cooking the paste
- 1 tin coconut milk
- 1 tsp Swiss vegetable bouillon powder
- 1 tsp Turmeric (optional)
- Your choice of seasonal vegetables
- Protein: Meat / Fish / Tempeh / Tofu / Grilled cashew nuts
- Kaffir lime leaves (optional)
- 1 tbsp Soy sauce or tamari sauce (increase to taste)
- 1 tbsp Fish sauce (optional),
- The juice of half a lime
- 3 drops Sesame oil (optional)



PREPARATION

Curry paste:

1. Blend all ingredients together in a food processor to make 3 batches, each enough for four people.
2. Store extra portions of paste in the freezer (using small freezer bags, Tupperware boxes, or even disposable ice-cube bags)

Preparing the curry:

1. Stir fry the paste in olive oil or coconut oil on medium heat for 2 minutes
2. Heat 250 ml water in a kettle whilst adding the coconut milk and bouillon powder to the paste. Stir well, add the water and a few kaffir lime leaves (if available) and tsp turmeric (optional)
3. Add vegetables / tempeh / tofu / fish / meat etc... (add those which need the longest cooking time first, then keep checking until all ingredients are done but not overcooked)
4. When the curry is nearly ready, add a tablespoon of soy sauce or tamari sauce, fish sauce (optional), the juice of half a lime and some sesame oil (optional). Serve with brown rice or quinoa.





Mulligatawny Soup

This soup is one of my staple recipes at home. It's so quick to make a big batch of it, and so tasty too!

It's a great low glycaemic soup, high in proteins from the lentils (as high as 26%), with great fructo-oligosaccharides from the leeks and onions – and jerusalem artichokes if they are in there too (they help feed the beneficial bacteria in your gut). And spices... well they are always therapeutic in so many ways. Turmeric is particularly good as a powerful anti-inflammatory compound.

Mixed in with some goat's yoghurt or feta cheese, this can be a stand alone light meal, just perfect to warm you up on a cold winter's day!

INGREDIENTS

- Coconut oil or olive oil
- 3 large onions chopped
- 3 or 4 leeks, chopped, or 700g unpeeled courgettes, cut into 1 inch cubes or
- 2 sweet potatoes, peeled and cut into 1 inch cubes
- 225g tomatoes, skinned and chopped
- 4 handfuls of lentils (green and yellow work well but any will do), rinsed thoroughly (and even better, soaked for a few hours)
- 1 inch fresh ginger root, chopped
- 10 cardamom pods, seeds only
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 dessertspoon coriander seeds

- 2 teaspoons turmeric
- Sprinkle of chilli flakes to taste
- Pinch of sea salt
- 1 litre (or more) boiling water with 2 teaspoons Marigold Swiss Bouillon powder
- Juice of 1 lemon
- Goat's milk yoghurt

PREPARATION

1. First, heat the oil in a large soup pan, then add the onions and cook until they're a golden brown colour, then add the chopped ginger. Meanwhile place the cardamom, cumin and fennel seeds in a small frying pan to dry roast – this will take 2-3 minutes. As soon as the seeds start to jump, tip them into a coffee grinder and grind them finely, then add them to the onions along with the chilli flakes and turmeric. Now add the vegetables and lentils (you can also improvise with other vegetables if you wish). Season, then let the vegetables cook gently, covered– for about 10 minutes.
2. Add the water and bouillon powder and finish cooking gently until the lentils and vegetables are soft.
3. Roughly blend, leaving chunks of vegetables in the soup if you wish. Squeeze in the lemon juice and mix in.
4. Serve with a tablespoon of goat's yoghurt.



Mexican Power Bean Wraps

What a great way to end the day with this protein packed plant based meal! It combines the comfort factor from the black beans with the high nutrient value of raw plants. When you eat plants raw, you avoid destroying the flavonoids they contain. Flavonoids are plant pigments with anti-inflammatory, immune promoting benefits, which can often be destroyed in the cooking process (you can usually see the colour leeching away into the water used for boiling and even steaming vegetables). It's always a good idea to include some raw plant foods as part of every meal.

One plant compound which is particularly high in this recipe is capsaicin, the active ingredient in chillies. Capsaicin is a potent inhibitor of substance P, a neuropeptide associated with inflammation. The hotter the chilli, the more capsaicin it contains...

 Serves 2

INGREDIENTS

Black bean filling

- 2 cans black beans, drained and rinsed
- 1 clove garlic
- 1 tsp cumin

- 2tsp ground coriander
- ½ tsp cayenne pepper
- 1 heaped tsp Swiss Bouillon powder
- Handful fresh coriander
- Olive oil
- Cos lettuce leaves for the wraps (alternatively, you can also use one Fajita wrap per person)

Salsa

- 1 ripe avocado
- Handful cherry tomatoes
- 1 small red onion
- 1 green chilli
- ½ lime, squeezed
- Olive oil
- Fresh coriander

PREPARATION

1. Put all the filling ingredients into a food processor and process roughly. Heat in a pan.
2. Chop salsa ingredients very fine.
3. Serve in a wrap with jalapeno chillies and crumbled feta cheese.



Dhansak

Who said healthy eating should be dull? This nutritious spicy dish lends itself beautifully to meat, prawns or vegetarian sources of protein.

It combines the comfort factor with a fantastic array of nutrients from vegetables of all colours, as well as a good combination of great quality protein and low GL carbohydrate foods.

You'll need to set a bit more time aside for this recipe (perhaps one for a relaxed Sunday afternoon) as it requires a bit of preparation. The result will be well worth it, as this large batch of food can save you precious time during the week, filling your freezer with handy portions of comforting bliss.

 **Serves 6-8 people**

INGREDIENTS

Spices:

- 2 teaspoons (tsp) of black peppercorns
- 3 tsp coriander seeds
- 1 tsp cumin seeds
- The seeds from 10 cardamom pods (discard the husks)
- ½ tsp turmeric
- 1 tsp ground fenugreek
- ½ chilli flakes (adjust for strength)

Other ingredients:

- 1 tablespoon (tbsp) coconut oil
- 2 onions, diced
- 4 cloves garlic, puréed
- 4 green chillies, sliced along the middle
- 1 inch piece of ginger, chopped finely
- 1x400g /14oz tin chopped tomatoes
- 4 fresh tomatoes, chopped
- 2 small sweet potatoes, cubed (alternatively you can use butternut squash, pumpkin or Jerusalem artichokes)
- ½ cauliflower (and/or 1 courgette and/or a handful of okra)
- 75g chard (or spinach, or kale, or chard)
- 150g/5 ½ oz red lentils, soaked for at least 1 hour, rinsed thoroughly and drained.
- Juice of 1 lime
- Handful of coriander leaves
- Your choice of vegetables: courgettes, okra
- Your choice of protein: chicken, lamb, beef, prawns, or vegetarian options such as tofu, tempeh or cashew nuts lightly roasted in the oven.

To serve

- Goat's, sheep's or soya yoghurt



PREPARATION

1. For the spice mix, heat a frying pan over a medium heat. Add the peppercorns, coriander seeds, cumin seeds and cardamom seeds and dry fry for 2-3 minutes or until fragrant.
2. Transfer them to a coffee grinder and grind to a powder.
3. Meanwhile, heat the coconut oil in a large cooking pot over a low heat, add the onion, chilli, ginger and garlic last of all. Fry gently until the onions have caramelized.
4. Add the tomatoes and the spice mix and cover with boiling water. Give the mixture a stir.
5. Add the soaked and drained lentils.
6. Add the vegetables (start with those which will require the most time – e.g. sweet potatoes and cauliflower – add leaves last so they don't overcook and dissolve).
7. Add your choice of protein (if it's meat, add it from the start, if it's prawns, tempeh or tofu, just 5 minutes from serving so they don't overcook, if you're serving with cashew nuts, you can add these separately when you serve the dhansak to keep them nice and crunchy).
8. Simmer until the lentils are soft. Add lime juice.
9. Serve with some chopped coriander on top and yoghurt on the side.





Quinoa Chapattis

A great alternative to wheat flour chapattis, these delicious Indian breads are beneficial in many ways. They manage to avoid gluten, which many are intolerant to, as well as boosting protein levels and offering a lower GL option to those wanting to fight cravings and lose weight.

 **Makes 6 chapattis**

INGREDIENTS

- 8 tablespoons quinoa flour, plus some extra for rolling
- 2 or 3 tablespoons goat's, sheep's or soya yoghurt (adjust as necessary)
- Coconut oil

PREPARATION

1. Mix the flour and yoghurt together to form a dough (adjust quantities as necessary to get a good consistency, not too sticky and not too dry).
2. Meanwhile place a flat bottomed pan with a thick base on the heat, with a dollop of coconut oil. Spread the oil evenly as it melts.
3. Knead the dough for a couple of minutes and split into 6 small balls.
4. Sprinkle your work surface with the extra quinoa flour and roll out the balls into 3 mm thick chapattis.
5. Fry 2 or 3 at a time on both sides and they are ready to serve.



Snacks

Tahini and Chocolate Cake

This wonderful guilt-free cake has become a classic in our house as well as for many of my clients. Gluten free and low GL, it's also protein rich. Oh and it takes 15 minutes to make – tops!

Dark chocolate is packed with protective antioxidants and magnesium (a mineral which relaxes muscles and blood vessels). Tahini is packed with zinc, a mineral involved in over 200 functions in the body (and very helpful in skin conditions among many others). Quinoa flour is a great alternative to wheat flour, and much more protein rich. It's available online or in good health food shops, however if you're struggling to find it, you can also use an alternative like oat flour, or gluten free flour. Nuts add more protein to the mix, and hazelnuts in particular are one of the richest sources of vitamin E, a powerful antioxidant which protects your cell membranes from free radical damage (no wonder they are good for the skin!)

INGREDIENTS

- 4 large eggs
- 150 g dark chocolate (minimum 70%)
- 4 heaped tablespoons tahini paste (80g)

- ½ cup light muscovado sugar (or xylitol) (60g)
- 2 tablespoons quinoa flour
- 2 handfuls hazelnuts (or other nuts)
- Pinch of sea salt

PREPARATION

1. Preheat the oven to 180° C and butter a cake tin. Set aside.
2. In a separate tin, roast the hazelnuts until they start to turn slightly brown
3. Place the chocolate and tahini in a bain marie (in a bowl over simmering water) until melted
4. In a bowl, mix the eggs with the sugar and salt. Beat until pale in color and the volume of the batter has doubled.
5. Fold in gently the quinoa flour and the chocolate mix.
6. Add the roasted hazelnuts
7. Pour into the cake tin
8. Bake for 10-12 minutes



Spicy Coco Winter Warmer

This is a perfect snack for the evening, especially if you have a long gap between dinner and bedtime. Almonds contain tryptophan, an amino acid which gets converted into serotonin, a sleep inducing brain chemical. They also contain magnesium, a mineral known for its muscle relaxant properties. Cardamom has a reputation for being a sedative spice, and cinnamon helps balance blood sugars, avoiding the lows which often wake people up in the middle of the night.

 Serves 1

INGREDIENTS

- 1 Mug of Koko coconut milk (Ecomil Almond milk or oat milk will work as well)
- 1 heaped teaspoon of raw or 100% cacao (no added sugar)
- Ground almonds (or unflavoured protein powder)
- ½ teaspoon ground cinnamon
- 3 cardamom pods, hulled
- 3 cloves

Warm up, serve!





Your Shopping List

FROM THE HEALTH FOOD SHOP / ONLINE

- ❑ *Almond butter*
- ❑ *Chia seeds*
- ❑ *Quinoa*
- ❑ *Quinoa flour*
- ❑ *Oat flour (you can also grind whole oats in the coffee grinder)*
- ❑ *Protein powder (whey, pea, hemp or other – unflavoured)*
- ❑ *Coconut oil (organic)*
- ❑ *Himalayan crystal salt (and grinder)*
- ❑ *Frozen berries*
- ❑ *Tahini paste*
- ❑ *Tempeh (especially vegetarians)*
- ❑ *Tofu*
- ❑ *Xylitol sweetener*

STAPLES FROM THE SUPERMARKET

- ❑ *Olive oil for cooking (not extra virgin)*
- ❑ *Extra virgin olive oil (for salads)*
- ❑ *Balsamic vinegar*
- ❑ *Nairn's oatcakes*
- ❑ *Rye bread*
- ❑ *Silken tofu (Clearspring or other brand)*
- ❑ *Koko coconut milk or Almond milk (Ecomil)*
- ❑ *Or oat milk*
- ❑ *Thick coconut milk (for use in curries)*
- ❑ *Wholemeal pasta or gluten free*
- ❑ *Porridge oats (rolled oats)*
- ❑ *Raw unsalted nuts: almonds, walnuts, hazelnuts, brazil nuts, cashew nuts*
- ❑ *Red lentils*
- ❑ *Fajita wraps*
- ❑ *Honey*
- ❑ *Vanilla extract*



- ❑ Soy sauce or tamari sauce
- ❑ Galangal paste (optional)
- ❑ Kaffir lime leaves (optional)
- ❑ Fish sauce (optional)
- ❑ Sesame oil (optional)
- ❑ Pine nuts
- ❑ 100% cocoa powder
- ❑ Swiss Vegetable Bouillon powder

- ❑ Tinned pulses: butter beans, chick peas, cannellini beans, black beans
- ❑ Tinned tomatoes

SPICES:

- ❑ Cayenne pepper
- ❑ Cardamom pods
- ❑ Chilli flakes
- ❑ Cloves
- ❑ Cumin – ground and seeds



- ❑ Coriander – ground and seeds
- ❑ Curry powder
- ❑ Fennel seeds
- ❑ Ground turmeric
- ❑ Ground fenugreek
- ❑ Ground cinnamon
- ❑ Mixed herbs
- ❑ Peppercorns

FRESH FROM THE SUPERMARKET

- ❑ Peppers
- ❑ Chilli
- ❑ Tomatoes
- ❑ Cucumber
- ❑ Spring onions
- ❑ Red onions
- ❑ Bag of rocket, watercress or salad leaves (organic)
- ❑ Ripe avocados



- ❑ Sugar snap peas
- ❑ Parsley
- ❑ Mint
- ❑ Coriander
- ❑ Garlic
- ❑ Ginger
- ❑ Fresh chillies
- ❑ Lemongrass
- ❑ Mushrooms (shiitake or other)
- ❑ Other seasonal veggies (sweet potatoes, Jerusalem artichokes, leeks, broccoli, courgettes, spinach, asparagus, etc..)
- ❑ Lemons
- ❑ Limes
- ❑ Other seasonal fruit (to have with nuts)

- ❑ Free range organic eggs

- ❑ Olives



- ❑ *Sun drenched tomatoes*
- ❑ *Grilled artichokes in olive oil*
- ❑ *Humus (organic and / or mini pots)*
- ❑ *Feta cheese (or goat's cheese)*
- ❑ *Low fat plain yoghurt (preferably goat's or sheep's)*
- ❑ *Halloumi (for grilling)*

- ❑ *Wild salmon fillets*
- ❑ *Hot smoked salmon*
- ❑ *Smoked mackerel fillets*



22 tasty, healthy and easy dishes from 'Eat Your Way to the Top' In full colour

Good food is about so much more than short-lived pleasures...

It should enhance every minute of your life.

If you are a professional, entrepreneur or employer, you can use nutrition to optimise your most powerful engine of success: a healthy, thriving, body and mind.

It doesn't mean you have to resign yourself to a life of boring 'health food', that leaves you feeling hungry and unsatisfied. On the contrary, nutritious food is full of flavour, depth and exquisite textures. Most importantly, it makes you feel good too, and in many ways:

- Energised throughout the day
- Glowing with health
- Free from cravings
- Feeling positive
- Focused

In this recipe booklet from 'Eat Your Way to the Top', you will discover new recipe ideas divided into two categories:

- 15 minutes preparation or less
- Suitable for batch cooking

They include: Berry oat pancakes and other tasty breakfast ideas with a difference, Moroccan quinoa salad and other nutritious and satisfying lunches, Mexican power bean wraps and other delicious 15 minute dinners

About the Author



Angela Steel, the 'Healthy Habit Engineer', is a Naturopathic Nutritional Therapist by training. She specialises in nutrition-centred employee wellness, empowering people to optimise their potential by making well-informed adjustments to their diet and lifestyle.

www.superwellness.co.uk