

Recipe File

by Heidi Jones Coaching

Count Nutrients Not Calories



BODY

Heidi's health coaching approach to diet is using food as fuel to increase energy levels, by sourcing nutrient dense foods from local and organic farmers and focusing on counting nutrients not calories.

MEAL REPLACEMENT SMOOTHIE Servings: 1

7 Step Smoothie Guide.

Use this guide to help you create a nourishing, meal replacement smoothie for breakfast, lunch or dinner.

Step 1

Add your greens.

Greens strengthen our immune system and support digestive health.

Choose a handful of one of the following: spinach, kale, chard, broccoli.

Step 2

Add your protein.

Protein is needed for our body to repair and also helps us feel fuller for longer.

Choose 1 tablespoon of the following: plant based protein powder, natural nut butter, almond flour, 1 raw egg.

Step 3

Add your carbohydrate.

Carbohydrates are needed to provide us with energy and nutritional fibre to support digestive health.

Choose 1 of the following: ½ banana, 1 tablespoon of rolled oats, 1 tablespoon of sweet potato or pumpkin puree.

Step 4

Add your healthy fats.

Fats helps the absorption of nutrients and support our bodily functions, it also provides us with additional energy.

Choose 1 of the following: ¼ ripe avocado, 1 tablespoon of coconut oil, 1 tablespoon of chia seeds, 1 tablespoon of seeds

Step 5

Add your sweetener

Adding fruit creates a sweeter tasting smoothie and it also provides you with additional vitamins, minerals and antioxidants.

BODY

Choose a small handful from 1 of the following: strawberries, blueberries, raspberries, ½ mango, ½ green apple, 1 kiwi.

Step 6

Add your liquid for blending and hydrating.

Choose ½ to 1 cup of one or a mix of 2 of the following (this will depend on how thick you like your smoothies): coconut milk, almond milk, rice milk, coconut water, water.

Step 7

Add a topper

A sprinkle of additional nutrients will add some crunch.

Choose 1 tablespoon of one of the following: goji berries, chopped walnuts, chopped almonds, dried coconut flakes.

WILD RICE SALAD & SHAKE-IN-A-JAR SALAD DRESSING

Having a grain prepped at the start of the week is the simplest way to ensure you can easily create a hearty salad for lunch or dinner.

WILD RICE SALAD Servings: 4

Ingredients

1 cup of wild rice, pre-cooked as stated on packet instructions

1 can or jar of beans, washed and drained

6 radishes, thinly sliced

3 cups of kale, stems removed, massaged and chopped

3 carrots, peeled and grated

6 spring onions, thinly sliced

Pinch of salt & pepper to taste

Direction

Mix all ingredients into a large salad bowl and dress with homemade salad dressing.

BODY

SHAKE-IN-A-JAR SALAD DRESSING Servings: 4

To add some extra flavour and nutrients to a salad create this simple salad dressing and keep in the fridge for up to a week, use when needed. It's called 'shake-in-a-jar' salad dressing as all you do is add the ingredients to a jar and shake.

Ingredients

1/3 cup of olive oil

¼ Apple cider vinegar

1/2 lemon juice

For extra flavour add:

1 tablespoon of mustard

2 tablespoons of tahini

1 tablespoon of sweetener

Direction

Add all ingredients to a jar, place on the lid and shake until all combined.

HEIDI'S GO-TO ENERGY BITES Servings: 10

Go-to energy bites, nutrient dense with healthy fats, sustainable energy and protein - great for 'pick-me-up' energy boosts.

Ingredients

½ cup almonds – roasted

½ cup oats

2 cups of dates – de-stoned

2 heaped tbsp. of almond or peanut butter

2 tbsp coconut oil

1 tbsp maca

Direction

Blend all in processor until a 'dough' is formed. Roll into golf sized balls and set in the freezer. Keep in the fridge for up to a week.

WHERE TO BUY GUIDE

SHOP

Organic Fresh produce & pantry items:

Greenheart Organic Farm Store

The Light Building, Ground Floor, Shop 8, Arjan, Al Barsha 2, Dubai.

Herbs and spices:

Greenheart Organic Farm Store

Carrefour is great for low prices and variety

UK products:

Greenheart Organic Farm Store stock plenty of UK brands

Choithrams has a range of Tesco products

Spinney's & Waitrose has a range of Waitrose products and UK brands

Discount offers:

Organic Foods & Cafe 20% discount offer on the 3rd weekend each month.

Organic meats:

Greenheart Organic Farm Store for organic grass fed beef

Organic Foods and Cafe, have a range of all meats

Raw and Vegan products:

Greenheart Organic Farm Store

Cocoyogo coco-yogo.com

Grocery online home delivery:

Greenheart Organic Foods <http://www.greenheartuae.com>

Paleo meals and snacks

Smith St Paleo <http://smithstpaleo.com/order-now/>

Food workshops for meal demonstrations and creative ideas:

Greenheart Organic Farm Store, email Heidi@heidijonescoaching.com

PS – The aforementioned stores, products, brands, online retailers are not paid endorsements. I am not sponsored by the stores, products, brands, online retailers mentioned above. What I'm saying is, I make no money on any of this. These are just things that I use myself, nothing more.

HEALTH COACHING

BY HEIDI JONES

Heidi Jones is the coach for the new wave of aspirational individuals who want to transform their lifestyle from ordinary to extraordinary. Heidi runs her own company Heidi Jones Coaching, supporting and inspiring her clients to overcome barriers that have been holding them back from achieving their health goals. Her clients walk away with much more than the knowledge of healthy eating, they become empowered, confident and motivated to achieve life-long health and happiness.

Heidi's Health Conscious Community:

Heidi organises regular social events with her health conscious community. To date she has taken them out on hikes in the desert, participated in 5k, 10k, 21k trail and road races, explored the Sowka trails and arranged social breakfasts by the beach. This community is not only about leading a healthy lifestyle, it's about creating healthy friendships with like-minded people while living in Dubai.

Heidi is also a brand ambassador for Lululemon Athletica and hosts monthly running experiences in Dubai and across the U.A.E.

Want to join the health conscious community?

You can become part of Heidi's Health Conscious Collective by signing-up to her tribe at HeidiJonesCoaching.com, Heidi will personally respond to you with the next steps on how to get involved.

#HealthConsciousCommunity #HCC

KEEP IN TOUCH

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