

HEALTHY LUNCH BOX

MAGIC FORMULA = FIBER + FAT + PROTEIN

FIBER - Plants and Whole Grains

- Soluble fiber is digested
- Insoluble fiber passes through the digestive tract; makes us feel fuller faster; slows down the passage of foods in order to assimilate the nutrients in the small intestine; eliminates toxins, carcinogens, excess hormones from the body so the immune system works better.

FAT

- Helps form our cell membranes
- Offers a rich source of energy
- Protects our nervous system
- Helps us make hormones
- Forms our brains
- Nourishes our skin from the inside out
- Stabilizes blood sugar levels
- Lubricates our joints
- Tastes delicious!

Useful link:

1. Excellent breakdown of different oils/fats, their uses and how to store.

<http://www.culinarynutrition.com/choosing-healthy-oils/>

PROTEIN

- Main building blocks of the tissues of our body
- Crucial for our metabolism
- Proteins in skin and bone provide structural support
- Many hormones are proteins
- Proteins provide a great source of energy

RECIPES

Green Vegan Protein Smoothie

<http://rootandrevel.com/green-vegan-protein-smoothie/>

INGREDIENTS (Serves 2):

2 cups spinach
1 banana
1 cup unsweetened almond milk (add 1/4 cup at a time if you need more liquid)
1 Tbs chia seeds
2 Tbs hemp seeds
2 Tbs almond butter
2 dates

INSTRUCTIONS:

1. Combine all ingredients in a blender and blend until smooth and creamy. Add more almond milk if you prefer your smoothie more liquid.
2. Serve and enjoy!

BENEFITS:

Leafy Greens – Spinach – abundance of chlorophyll, which is very rich in magnesium and is very similar in structure to hemoglobin in our blood. Our body can convert chlorophyll to hemoglobin by changing just one little molecule of magnesium into iron. By eating a diet rich in chlorophyll we essentially flush and replenish our blood. Spinach is also very high in calcium (very good for bones, teeth, nervous system and blood clotting), fibre (essential for good digestion, regular stool and healthy gut) and folic acid/Vitamin B9 (red blood cell production, utilization of protein, critical in development of child's nervous system).

Chia seeds – superfood, ideal balance between omega-3s and omega-6s, great source of fatty acids. They are also hydrophilic, meaning they absorb large amounts of water, and become great enhancers in hydrating our bodies. Chia seeds also slow down the break down of carbohydrates into simple sugars which helps stabilizing blood sugar levels.

Hemp seeds – a complete plant based protein, containing all 20 amino acids, as well as each of the 9 essential amino acids that our bodies can not produce. Protein is very important for growth, repair and plays a crucial role in virtually all biological processes in the body (hormones, energy, muscles, metabolism, skin and bone health, nervous system).

Lentil, Kale stuffed Sweet Potatoes & Garlic Tahini Cream

<http://thecolorfulkitchen.com/2015/03/16/lentil-kale-stuffed-sweet-potatoes-garlic-tahini-cream-vegan-gluten-free/>

INGREDIENTS (Serves 4):

4 medium sweet potatoes, scrubbed
2 Tbs coconut oil
1 medium onion, diced
2 cloves garlic, minced
1 cup dry green lentils
2 cups boiled water
4 cups packed kale, washed, stems removed, and shredded
1 Tbs gluten-free tamari
salt & pepper to taste

GARLIC TAHINI CREAM:

1 cup raw cashews, soaked for a few hours ahead
juice of half a lemon
1 Tbs olive oil
1 Tbs tamari
2 Tbs tahini
1 clove garlic
salt & pepper to taste
water added as needed (1-3 Tbs)

INSTRUCTIONS:

1. Preheat oven to 400°. Poke your washed sweet potatoes with a fork in a few places and place on a baking tray in the oven. Bake for approximately 45min until tender.
2. Heat 1 Tbs coconut oil in a stainless steel saucepan at medium heat. Add onion and garlic and sauté for 7 min until onions are translucent.
3. Add water and lentils and simmer for 30-35 min, until the water is absorbed and the lentils are cooked.
4. Whilst the lentils are cooking prepare the garlic tahini cream by blending all the ingredients together in a blender. Add water as needed to make it a smooth creamy consistency.
5. Remove from the heat and fold in the kale into lentils. Stir in tamari, salt and pepper and cover.
6. Slice the top of the sweet potatoes open, spread a bit of the coconut oil in the opening and then stuff with the lentil/kale mixture. Top it with a generous spoon of the tahini cream.

BENEFITS:

Sweet potato – great source of beta-carotene, Vitamin A (fat soluble vitamin) essential for eye, skin and bone health, as well as immunity.

Onion – a prebiotic, feeds the good bacteria in the gut, supports digestive health. Also has antibacterial benefits. Great for bone health, especially bone density.

Garlic – superfood, antibacterial, antiviral and anti-inflammatory. Leave chopped garlic to sit before cooking it, it activates its health benefits. Helps improve your iron metabolism.

Lentils – very high in fibre and iron. A plant based protein, that stabilizes the blood sugar levels.

Veggie Maki Rolls

INGREDIENTS (Serves 2):

4 nori sheets (1 sheet of nori will yield 6-8 pieces)
1/2 cup sunflower power spread
1 apple, peeled and sliced in matchsticks
1/2 avocado, sliced
1/2 English cucumber, quartered lengthwise
3-4 sprigs cilantro
tamari for dipping

SUNFLOWER POWER SPREAD (makes 1 1/4 cups)

1 cup raw sunflower seeds, soaked 2-6h
1 clove garlic, coarsely chopped
2 Tsp olive oil
1 Tbs fresh dill or parsley
1/2 Tsp sea salt

INSTRUCTIONS:

1. Start by making the Sunflower Power Spread. Rinse and drain the seeds. Place all the ingredients in a food processor and mix until smooth. Stop and scrape the mixture with a spatula from the sides to combine everything together. You are aiming for a crunchy texture.

2. Place the nori sheet shiny side up on the bamboo mat, with the lines in the nori lining up with the lines in the mat. Spread Sunflower Power Spread along the edge of the nori closest to you, leaving 1/2 inch of space at the edge. Layer on the filling in a neat row, leaving 1/2 inch of space at the top.
3. Holding the closest edge of the bamboo mat, roll the nori away from you. Tighten the roll as you go. Be careful not to tighten it too hard as the filling might spill out from the sides. Rub a bit of warm water on the edge of nori furthest from you. This will help stick both sides together. Give the whole roll a little squeeze and then unwrap the mat.
4. Move your full roll to a cutting board. With a very sharp knife, slice it in half first, and then continue slicing the halves into 6 or 8 pieces, as you prefer.
5. Serve with tamari. Enjoy!

BENEFITS:

Sea Vegetables - Nori – superfood, rich in a variety of minerals, including iodine, iron and calcium. High in Vitamin C and A, and an alkalizer of body tissues. Great source of protein.

Avocado – great source of fiber and healthy fats, potassium, calcium, Vitamin C (immune booster, antioxidant, making collagen) and K (clotting, bone health).

Cucumber – one of the best natural diuretics for flushing the body, and has antioxidant and anti-inflammatory properties. High in Vitamin K. Enzyme erepsin in cucumbers helps digest protein.

Gluten-free Zucchini Bread

<http://minimalistbaker.com/gluten-free-zucchini-cake/>

INGREDIENTS (Serves 9):

1 1/2 cup grated zucchini
2 eggs (substitute for flax eggs if vegan – 2 Tbs flaxmeal + 5 Tbs water)
1/4 cup raw organic cane or coconut sugar
1 Tsp vanilla extract
1/4 olive or coconut oil
1/4 cup applesauce
1 Tsp baking powder
1 Tsp baking soda
1/2 Tsp cinnamon
1 1/2 cups gluten free flour blend (Bob's Red Mill)
3/4 cup almond meal (ground from raw almonds)
1/4 cup gluten-free oats
pinch salt

INSTRUCTIONS:

1. Preheat oven to 300 F and line a baking tin with parchment paper.
2. In a large mixing bowl, whisk the eggs with sugar. Once the mixture is creamy and light yellow, add the rest of the wet ingredients along with grated zucchini. Mix well.
3. Next add the dry ingredients to the bowl and mix everything well together. The batter should be slightly thick but very easy to pour.
4. Pour batter into your tin and bake for 45min-1h. Insert a toothpick to check if the bread is cooked. It should come out clean and the bread should be golden brown.
5. Leave in the tin for 5 min and then remove and cool on the rack.
6. The bread can be kept covered in the fridge for several days, or in the freezer for several

weeks. It's best of course when eaten fresh. Take out from the fridge 10-15min before serving so that it warms up and becomes more tender.

BENEFITS:

Zucchini – very high in Vitamin C, has anti-oxidant, anti-inflammatory and anti-histamine properties. It is also a good source of fiber.

Oats – a whole grain, great source of fiber, beta-glucan (excellent way to reduce cholesterol, stabilizes sugar), highly protective against childhood asthma.

Almonds – good source of protein, also rich in fibre and monounsaturated fats, vital for brain and heart health. They are also high in antioxidants, magnesium, potassium, calcium, iron and Vitamin E (helps healing wounds, increases cellular respiration).

Layered Chia & Almond Pudding Parfait

<http://againstallgrain.com/2015/05/21/chia-almond-pudding-parfait/>

INGREDIENTS (Serves 6):

1 1/2 cups unsweetened almond milk
6 ounces pitted dates
1/2 cup unsweetened raw cacao powder
1/3 cup chia seeds
2 Tsp vanilla extract
1/2 Tsp cinnamon
1/4 Tsp sea salt
2 medium bananas, sliced
1/3 cup unsalted organic almond butter (or any nut butter of your choice)
1 cup mixed berries of choice
1/4 cup roasted almonds

INSTRUCTIONS:

1. Combine almond milk, dates, cacao powder, chia seeds, vanilla, cinnamon and sea salt in a blender. Blend until very smooth, about 2 min. Transfer the mixture into a bowl, cover and refrigerate overnight.
2. To assemble: divide banana slices between 6 glasses or bowls, spoon equal amounts of almond butter into the glasses, then layer the chia pudding and top with berries and roasted almonds. You can serve immediately or refrigerate covered for up to three days.

BENEFITS:

Raw cacao - with over 300 identifiable compounds, cacao is one of the most complex foods on the planet. In its raw form it contains anandamide (a euphoric substance), tryptophan (an anti-depressant), antioxidants and neurotransmitters that stimulate and balance brain activity. It's high in the mineral magnesium, essential for helping the heart to pump blood efficiently, building strong bones and lowering blood pressure.

Cinnamon – Balances blood sugar, enhances circulation, eases digestive discomfort.
