

Simone Kopkas

Nutrition affects all aspects of our whole body, improving resilience, mental health & physical acuity.

How to make this work

- ✓ Foundations to success: Nutrition / Sleep / Exercise
- ✓ Planning is key: find recipes, prep on Sunday
- ✓ Cook once, eat 2-3 times
- ✓ Get the household involved
- ✓ Ready snacks for on the go, ready to go
- ✓ Eat 3 key meals & 2 snacks per day each containing protein
- ✓ Eat plenty of vegetables, fruit and whole foods
- ✓ Eat low sugar with rainbow of colour
- ✓ Drink minimum 2 litres water daily
- ✓ Be kind to yourselves, implementing change takes time

Easy Snacks

- ✓ Date/nut protein balls
- ✓ Nuts & seeds
- ✓ Yogurt smoothie
- ✓ Protein smoothie
- ✓ Cornmeal muffins
- ✓ Almond-meal flourless muffins
- ✓ Hummus / Tzatziki with raw vege
- ✓ Guacamole & corn chips
- ✓ Whole grain crackers with nut spread



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Chai Chocolate Mousse with Berries

How much do you love chocolate? I think it's easy to say most people LOVE chocolate! And that's because we have very clever bodies that know that chocolate is full of nutrition. Its no accident that we crave chocolate at certain times, especially when we are in need of some additional magnesium. And what a lovely way to take a supplement. Cocoa helps prevent cancer, heart disease, & ageing in general. It also helps build strong bones & assists digestion, strengthens the mind and elevates mood with anti-depressant properties. Doesn't get much better than that!

The avocado, the main ingredient is full of high quality oils, brilliant for balancing hormones, healthy heart function and is a wonderful "beauty" food due to it's anti-oxidants. Also full of anti-oxidants are the berries; antioxidants neutralise the damaging effects of unstable free radicals produced from exposure to stress, chemicals, the sun, exercise, and normal body processes.

The aromatic chai spices; cinnamon, nutmeg and cardamom are all great for your digestion and brain function. We all need all the help we can get in terms of assisting digestion, and in just getting digestion sorted, we in turn help brain function. A healthy gut leads to a clear mind. I can't stress this one enough!



Ingredients:

- 2 ripe avocados
- 1 ripe banana
- 125 ml coconut cream
- 1/4 cup cocoa (cacao)
- 1 heaped Tbsp chia
- 4 Tbsp rice malt syrup
- 2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp cardamom
- 1 big pinch (Celtic) sea salt
- 250 gms mixed frozen berries

Directions:

Put all ingredients except mixed berries in the blender and puree till smooth. Line glass bowls with the mousse and put mixed berries on top.

Chill in fridge for minimum 2 hours before serving.

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