

YOUR 2009 MEAL MAKEOVER

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Remember days when you were tired in the morning and had difficulties getting out of bed? You said to yourself, "I want more energy; I want mental and physical vitality; I want to look younger; I want to be healthy and experience more joy in my life." Did you know that all this is possible by eating the right foods which will help create the right conditions for the body to heal itself?

This food is live whole plant-based food that has the frequency of life, as it contains nutrients and enzymes. The sun's energy in the plants, formed through plant photosynthesis, will give you good physical, emotional, and mental health. Eating this plant-based food on a daily basis will rejuvenate your body; you will gain vitality and a greater sense of well-being.

SHOPPING

When shopping for a particular food, ask yourself "Do I want this food to become my skin, my hair, my eyes, and my whole body?" Go for organic fruits and vegetables and choose different colors, textures and shapes. Find a produce that is in season and possibly local.

Planning ahead will enable you to stock the healthy foods that are best for you to eat each day.

1. GREENS

Drink green food concentrates first thing in the morning. They are nourishing and easy to prepare. Mix them with water or your favourite juice to embellish the flavours. Green drinks detoxify the body, have an anti-inflammatory effect, and give you abundant energy and stamina.

2. PROTEIN

Take a protein every day to repair and build the body tissues. Protein keeps you energized, alert, balances blood sugar, and is needed for healthy cells, maintenance of lean muscle tissue, and formation of happy hormones. Arugula, maca, chlorella, bee pollen, hemp seeds, goji berries, spirulina are all good protein sources. You can also use rice, hemp or whey protein in shakes. Just mix with water, and add some berries.

3. NUTS AND SEEDS

Eat almonds, sunflower seeds, pumpkin seeds. They nourish the brain and contain protein, fibre, vitamin E, and calcium.

Make your own patés with almonds, parsley, lemon, green onions and olive oil. You can also use arugula and watercress instead of parsley. Patés are filling and nutritious; they are delicious on whole grain bread and whole grain crackers. You can also use patés in wraps such as rice paper, kamut pitas and raw nori sheets.



4. FRUITS AND VEGETABLES

Fruits – Have a bowl of fruit for breakfast by mixing apple, papaya, mango, pineapple, and banana. It is refreshing and packed with nutrients and fibre. Eat fruit at least ½ hour before your meal and 2 hours after your meal.

Vegetables – Prepare your own salads fresh every day. Incorporate radicchio, romaine, green leafy lettuce, collard greens, red cabbage, napa cabbage, kale, dandelion, endive, watercress, and parsley. You can add beans, red radishes, olive oil, freshly squeezed lemon, celtic sea salt and toss in some ground flaxseeds, hemp seeds or dulse. Use your imagination and play with it. Add sprouts to your salads; they are great for the body because the fat, protein and starches have been broken down into an easily digestible form. The more colour and texture the better. Celery sticks, radishes, cucumbers, carrot sticks and chopped fennel are fabulous with home made spreads and dips.

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5. FIBER

Eat fibre such as basmati brown rice, amaranth, Quinoa, kamut bread, whole grain bread or sprouted bread. They are important for digestive health and efficient bowel movement. Eat homemade cereals such as brown rice or quinoa in the morning for breakfast; add some cinnamon, almond or rice milk, and sprinkle with raisins or other dry fruits.



6. SEA VEGETABLES

Include seaweed in your daily menu

plan, such as dulse, wakame, arame, kombu, spirulina, and chlorella. They are a good source of organic minerals, and are therefore alkaline-forming to buffer the acid ashes of proteins and grains. They remove toxic chemicals and metals from the body. Toss them on salads or use in sandwiches, wraps and soups.

7. WATER

Drink at least 2 litres of water a day, or 2 litres per 120 pounds of body weight. The amount depends on your eating habits (cooked food vs. raw live food), climate, stress and exercise. Try not to drink too much coffee, soft drinks, and prepared juices, as they dehydrate your body. I encourage you to drink enough water during the day. Have your bottle constantly with you, and sip a little by little throughout the day. Drink water

between meals and not during meals. Drinking during meals dilutes the digestive juices, which is very hard on digestion. Water helps with circulation, detoxification, and moisture retention and elasticity of the skin. It supplies energy for the body because being tired and fatigued is usually a sign of dehydration.

I recommend a step-by-step approach, in order to be successful in your journey to conscious eating habits. Start incorporating new food choices one week at a time. Try to eat at least 70% to 80% of raw live food every day, if possible. Write your weekly and daily menus on paper; it will help save you time, and prevent impulse shopping.

Happy eating!