

BACK TO WORK LUNCHES

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AFTER A LONG HOT SUMMER YOU ARE NOW BACK TO WORK AND READY FOR A NEW JOURNEY OF CONSCIOUS EATING. ALTHOUGH YOUR BUSY SCHEDULE MIGHT PREVENT YOU FROM THINKING ABOUT THE HEALTHY FOODS THAT ARE BEST FOR YOU EACH DAY, BY PLANNING AHEAD YOUR LUNCHES CAN GIVE YOU CONFIDENCE AND SECURITY.

WHEN SHOPPING FOR A PARTICULAR FOOD, ASK YOURSELF: "DO I WANT THIS FOOD TO BECOME PART OF MY HEALTHY BODY CELLS?" THINK ABOUT YOUR TOTAL NOURISHMENT OF THE DAY. YOU NEED TO EAT (I WOULD LIKE TO ENCOURAGE YOU TO EAT) EVERY THREE TO FOUR HOURS TO BALANCE BLOOD SUGAR IN ORDER TO MAINTAIN ENERGY AND FOCUS.



GREEN DRINKS

I always recommend green drinks first thing in the morning. Drink them on a bus or train if you don't have time at home. Mix greens with water or your favorite juice to embellish the flavour. If you don't fuel your body properly in the morning, you will feel grumpy and moody, and will not be able to think straight.

CREATIVE LUNCH IDEAS

Be creative when preparing a meal or a snack for work.

1. Use different colours, shapes and textures of organic fruits and vegetables.

2. Serve celery sticks, radishes, cucumbers, carrot sticks, and chopped fennel with home-made spreads.

3. You can also prepare your own cream cheese by mixing pine nuts, lemon, celery and a little water in a blender or food processor. Dips and spreads can stay for a week in the refrigerator.

4. You can use wraps such as rice paper, kamut pitas, and raw Nori sheets. Fill them with hummus or choose from a variety of home-made raw spreads, and add fresh vegetables such as radishes, cucumbers, sunflower sprouts, etc.



5. Make your own salad of radicchio, green leafy lettuce, arugula, and dandelion. You can add beans, radishes and sprinkle some ground flaxseeds, pumpkin seeds, dulse or whatever you prefer. Bring your own salad dressing made of extra virgin olive oil, lemon and Celtic sea salt.

6. Munch on Goji berries which are packed with nutrients and fibre. Have at least two apples a day. You can also make yourself a smoothie made of parsley and mango, which can be prepared ahead of time.

7. Take a protein shake with you if your work hours are long and you are heading to the gym after work. You can choose from hemp, rice or whey protein; just mix them with water and add some fresh or frozen berries such as blueberries, raspberries, strawberries and blackberries. Protein shakes will keep you energized and alert and you will be able to work out longer.

8. Remember to drink water! Recommended is at least ten glasses of Reverse osmosis water every day. The amount depends on climate, stress and exercise. Have a bottle with you every day.

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EATING OUT

Many of you eat lunch away from home or work. Here are a few suggestions to choose proper food when eating out.

- Choose a restaurant with healthful dishes on the menu.
- Eat a salad or other vegetables with chicken or fish.
- When having a salad, order dressing on the side, such as olive oil and lemon.
- Skip the bread and butter.
- Avoid deep fried vegetables; ask the server to steam your vegetables.

If you have allergies and intolerances to food always ask your server for the ingredients and method of preparation of your particular dish.

The transition to a healthy diet and lifestyle can be easy. Once you make the change, you won't want to go back. The rewards include improved memory, clarity, and focus.

GREEN LEAFY LETTUCE WITH DANDELION, AVOCADO AND DULSE

INGREDIENTS:

- 1 bunch green leafy lettuce
- 1 bunch dandelion
- 2 garlic cloves, minced
- ½ avocado, sliced
- 1 tbsp. olive oil
- 1 tbsp. dulse
- Celtic sea salt

PREPARATION:

1. In a salad bowl combine green leafy lettuce, dandelion, garlic avocado, olive oil and salt.
2. Sprinkle with dulse.

SHREDDED GREEN CABBAGE WITH HIJIKI SEAWEED AND SCALLIONS

INGREDIENTS:

- 1 green raw cabbage, small size, shredded
- Hijiki seaweed soaked, drained
- 3 scallions, chopped
- 1 tbsp. parsley, minced
- Bragg amino acid to taste
- 2 tbsp. extra virgin olive oil, cold pressed
- ½ lemon freshly squeezed

PREPARATION:

1. Soak Hijiki seaweed in cold water 15 to 20 minutes.
2. Drain Hijiki and mix with shredded cabbage and scallions
3. Season with Bragg aminos, lemon, olive oil and sprinkle with cilantro.

