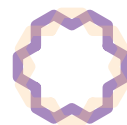


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IDEAL EATING PLAN



SARAH HOPKINS
HEALTH & WELLBEING





HEALTHY BREAK- FAST IDEAS

Breakfast is the meal that sets you up energetically for the rest of the day so you want to ensure it has a healthy balance of protein, carbs and fat. It doesn't need to be boring or traditional either—think outside the square, why can't you have meat or fish for breakfast?



EGGS

Like all foods, ideally eggs should be included in a 4 day rotation.

2 EGGS POACHED

Served with any vegetable that you like—steamed, sautéed, fermented or raw. Even great with fresh herbs.

2 EGGS HARD BOILED

You can make soldiers out of carrot, zucchini or celery. Zucchini is my favourite.

2 EGGS FRIED

Ideally in coconut oil or butter.

2 EGG OMELETTE

Scrambled or frittata.

EGG MUFFINS

Mix whole eggs with your choice of vegetables and cheese and pour into lined muffin tins. Bake until golden.

2 RAW EGG SMOOTHIE

Use the yolks and save the egg whites for cooking, adding the water and flesh from a young coconut, a teaspoon of cacao, some stevia and coconut oil for a delicious nutritious smoothie. Alternatively add your choice of dairy or dairy substitute—organic milk, almond milk etc.



YOGHURT

Use natural organic yoghurt with no added sugars or fruit—sheep’s and goat’s yoghurt is better.

Alternatively coconut yoghurt is a great dairy alternative that is rich in flavor and full of healthy fats and probiotics. These are now widely available to buy or you can make your own.

YOGHURT WITH FRESH FRUIT

Add your favourite fruit to yoghurt, sweeten with stevia or a little honey. Add some soaked nuts and seeds for protein and crunch.

YOGHURT WITH STEWED FRUIT

Stew a fruit or fruits of your choice, add nuts or spices. Serve with a dollop of yoghurt or coconut cream.

HOME MADE COCONUT YOGHURT

[Online recipe.](#)

YOGHURT SMOOTHIE

Add a cup of yoghurt or kefir plus banana, berries or a fruit of your choice, some coconut oil, raw vanilla and honey or stevia and blend. You can add egg yolks here for additional protein. and blend. You can add egg yolks here for additional protein.

YOGHURT WITH GRAIN FREE MUESLI

[Online recipe.](#)



FISH

Fresh fish can be a great breakfast, especially salmon.

It’s important to invest in wild caught seafood though as farmed fish is much higher in omega 6 fatty acids instead of the desired omega 3s. If you can’t source fresh, tinned wild caught atlantics salmon is a great alternative.

SALMON & AVOCADO

Either pan fried or gently baked with lemon and dill. Served with a half of avocado and some fresh herbs dressed in lemon.

WHITE LOCAL CAUGHT FISH

Steam some veges and top with grass fed butter or serve with some fresh herbs.

TINNED SARDINES

Serve atop organic sprouted grain bread with butter or avocado spread—add tomatoes and herbs for flavor and top with EV00.



MEAT

We eat sausage and bacon for breakfast so why can't we try other meats?

Leftovers are a fantastic way to get a healthy meal in before work.

BONE BROTH

My personal favourite way to heal the gut and nourish the body. I like to add coconut oil, turmeric, sea salt and gelatine for additional nourishment.

[Online recipe.](#)

ORGANIC SAUSAGES OR RISSOLES WITH VEGETABLES OR SAUERKRAUT

Quick and easy to serve.

STEW

Anything you have put on overnight in your slow cooker is delicious in the morning.

SHEPERD'S PIE

[Online recipe.](#)





HEALTHY SNACK IDEAS

Getting some variety with your snacks is important so try to mix things up rather than eating the same thing every day. This way you reduce the likelihood of building an intolerance to things like eggs, nuts or seeds.



SNACKS

With a little bit of preparation, snack time can be healthy and wholesome.

Fruit provides quick energy. Nuts & avocados provide protein and fat to sustain your energy levels until the next meal.

[PATE WITH VEGETABLE STICKS OR RAW NUT CRACKERS](#)

[Online recipe.](#)

[GUACAMOLE OR ZUCCHINI HUMMUS \(RECIPE\) WITH CARROT OR VEGETABLE STICKS](#)

[Online recipe.](#)

[NUTS, SEEDS, FRUIT](#)

Soaked nuts and seeds with fresh seasonal fruit.

[NUT BUTTER](#)

Cashew, almond or macadamia with with green apple or vegetable sticks.

[SMOOTHIE](#)

See recipoe under "Yoghurt".

[PALEO MUFFINS WITH BUTTER OR NUT BUTTER](#)

[Online recipe.](#)

[BOILED EGGS](#)

[KALE CHIPS](#)





HEALTHY DINNER & LUNCH IDEAS

Healthy doesn't have to mean boring. The better quality the produce, the better the food will taste. Try some organic fruit and vegetables in comparison to conventionally farmed produce and see for yourself, or better still—try it out on the kids. Don't be afraid to experiment with a "conventional" recipe—with Shepherd's pie I substitute potatoes with cauliflower mash and it's delicious.



SALADS

So fast and easy and perfect for Spring and Summer. As the weather cools, use steamed or roasted veges. Some of my favourite variations include:

SUPERFOOD SALAD

[Online recipe.](#)

BABY SPINACH, CHICKEN, AVOCADO
& PEPITAS

BEETROOT, GOAT'S CHEESE, WALNUTS OR PECANS
& ROCKET.

Add a white meat to this.

TUNA, SOFT BOILED EGG SPINACH, SWEET POTATO
& OLIVES

ROAST VEGES

Pumpkin, fennel, sweet potato, carrot—add any meat
and dress with yoghurt tahini dressing.

GREEN BEANS, STEAMED BROCCOLI, SUN DRIED
TOMATOES & PINE NUTS

Great dressed with balsamic vinaigrette.



MEAT

Quality is critical when it comes to choosing meat. If you can't source organic or biodynamically farmed animals, the next best thing is grass-fed.

Just as we look, feel and perform better on a natural diet, so too do the animals we eat so ensure that you are eating a healthy animal rather than a sick one.

GRILLED

Lamb chops, steaks or sausages
(Grass-fed or organic is best).

BAKED/ROASTED

Pork belly, leg of lamb or shoulder of lamb or whole chicken.

[Online recipe.](#)

SLOW COOKED

In a slow food cooker eg. by Breville—whole chicken or leg of lamb or lamb shanks.
Chicken thighs, legs and wings in a casserole.

CHICKEN

Thighs, legs and wings in a casserole.

MEAT BALLS

Or meat patties.

ZUCCHINI PASTA

Raw or sautéed in butter with bolognese sauce.

STUFFED CAPSICUM

With mince and aged parmesan.

FISH

Baked, fried or poached. I like to poach my fish in coconut milk or cream adding Asian spices for flavour.

SHEPHERD'S PIE

With cauliflower mash.

*All of these can be served with a salad or steamed vegetables or baked vegetables or soup.
My favourite for cooler weather is Cauliflower mashed with organic butter.*



Remember to eat seasonally, support local organic farmers and enjoy creating good health with delicious food.

To learn more, consult with me — Sarah Hopkins.

For details visit: health-wellbeing.com.au





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