



**Transform your
health & life!**



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Life gets busy and the days seem to fly by quicker and quicker...With this fast paced world and busy lifestyle that most of us are living these days our most important asset is our health. Without optimal health, keeping up with the fast paced reality, it's hard to make everyday life work. BeYou is 100% personal, it's the first mobile app that uses smart algorithms to cross the users personal information, food lifestyle & training level to suggest a unique program to follow for each user. BeYou emphasises the need to pay concurrent, Holistic attention to three aspects of Wellness: Nutrition, Exercise and Emotional conditioning.

Eat better



Move better



Feel better



Eat Better

No need to count calories. BeYou will create meal plans adapted to your diet type, your fitness program, and recipes [adapted per country].

This is your chance to finally take control and hold yourself accountable for how you fuel your body, while creating mouth-watering meals with step-by-step instructions. Every recipe includes nutritional facts. Every meal syncs with your shopping list. Eat healthier and enjoy delicious meals.

Transform your health & life!

Move Better

Workout anytime, anywhere. Your training is in your hands, let the BeYou personal digital trainer construct a personalized workout based on your physical ability and fitness aspirations. Control your training frequency according to your level and availability. BeYou will take into account your desired plan goal (weight loss / tone up / build muscle) while providing workout videos adapted to your habits and lifestyle. Get in gear, turn on your BeYou app, and start moving to a better body.

Feel Better

It's primarily up to you, but you don't have to do it alone! Imagine getting continuous support and motivation from your very own coaching team. A life coach will be there to help you overcome obstacles and provide tips along your journey. Chat with them for supportive rejuvenation and emotional guidance covering all areas of a BeYou balanced lifestyle – nutrition, fitness, and coaching. By having your own personalized meal plan with delicious and healthy recipes to follow, you have set yourself up for success and are ready to get in shape for life. Time to get inspired to kick-start your journey towards the summer body you deserve!

Welcome to BeYou, a brand new concept in the world of health apps!

Indeed, our app is the only one that incorporates the expertise of various certified coaches to bring you the latest trends and facts in nutrition, fitness and life coaching.

Moreover, at BeYou, we believe that health is achieved with more than just short-term diets and certain fitness routines. Indeed, health is not only the absence of diseases, but it is also a state of mental, physical and social well-being. Feeling great in your body and skin is health. Achieving a balance between work and leisure is health. Dedicating some time to yourself to find peace of mind is health. Finally, thriving every day and being full of energy and life is also health. In order to help you reach and maintain such levels of well-being, a holistic approach to your health journey is primordial.



Welcome to BeYou, a brand new concept in the world of health apps!

What does holistic means? The word 'holistic' comes from the Greek word holos, meaning 'whole.' Holistic health therefore is reaching balance between your mind, body, spirit and lifestyle. These various aspects of your life make you unique. With BeYou, our team of certified experts are here to guide you, educate you, motivate you and empower you every single day. You will receive daily guidance, tips and recommendations from our fitness coaches, nutritionists, dieticians and life coaches.

Thanks to our interactive platform, our team is always there to respond to your personal needs and questions.

So, are you ready to reach your best health ever and enjoy Being You?

Easy Diet Tips & Recommendations



Commit to the quantity of meals and snacks described in your weekly diet plans, as they are set upon your calorific needs. Learn how to measure your portion sizes using the portion size guide.



Chew your food thoroughly. It has been shown that properly chewing your food allows better nutrient absorption and helps in weight loss.



Eat your meals at consistent times of the day. This will help regulate and boost your metabolism.



Drink at least 1.5 Liters of water per day [6 to 8 cups]. It has been shown that drinking water aids in weight loss, prevents dehydration and constipation. Avoid drinking large amount of water with your meals as it may cause bloating. Instead, drink a cup of water half an hour prior to your meal and half an hour after your meal.

Easy Diet Tips & Recommendations



You may extra add spices, salt and herbs to further flavor your platters.



You may drink herbal infusions **without** adding white or brown sugar.



You may use sweeteners such as Stevia, which is a natural sweetener and honey in mindful amounts [around 1 tsp.] with your drinks.



You may drink black coffee or tea **excluding** creamers or sugar; you can add skimmed milk but taking into consideration that you should substitute it with the given beverage of the day.



You may drink diet carbonated beverages **occasionally**; it is recommended substituting diet carbonated beverages with sparkling water or soda sweetened by adding sweeteners.

Easy Diet Tips & Recommendations



You may add additional mustard, lemon juice and vinegar to your salads.



You can use only 1 tbsp of ketchup, soy sauce or barbecue sauce with your meals, **if necessary**.



If you feel hungry between the meals, you can snack on **raw non-starchy vegetables** (lettuce, tomato, cucumber, broccoli, carrots, cabbage, fresh mushrooms, arugula leaves, bell peppers...etc.). They are generally low in calories, but high in water and fiber, suppressing your hunger and appetite.



It is recommended to take a multivitamin pill daily with your breakfast. This is to avoid any nutrient deficiencies that might occur while following your diet plan.

Keep your portion size in check!

Difficulty keeping portion size in check can lead to over or underestimation of meals, therefore it is important to learn how to measure each food category in order to make things easier. Additionally, drastic changes in serving sizes over the years have affected our image on portion sizes. Using your hand, fist and finger is the easiest and most practical way to determine your portion size:

- 1 Closed fist is equivalent 1 cup.
- 2 Palm size is equivalent to 3 oz.
- 3 An open handful is equivalent to 1 oz.
- 4 Your whole thumb is equivalent to 1 tbsp.
- 5 The tip of your thumb is equivalent to 1 tsp.



Why lose weight?

1 Do it for you!

This is your body, your life, your call! So what's holding you back? No matter what it is, taking the decision for transforming yourself into a better you is totally worth it! Why? For feeling better about yourself, boosting your self-confidence and self-esteem and feeling satisfied with yourself inside out!

So what are you waiting for? Start now!

2 Do it for your health!

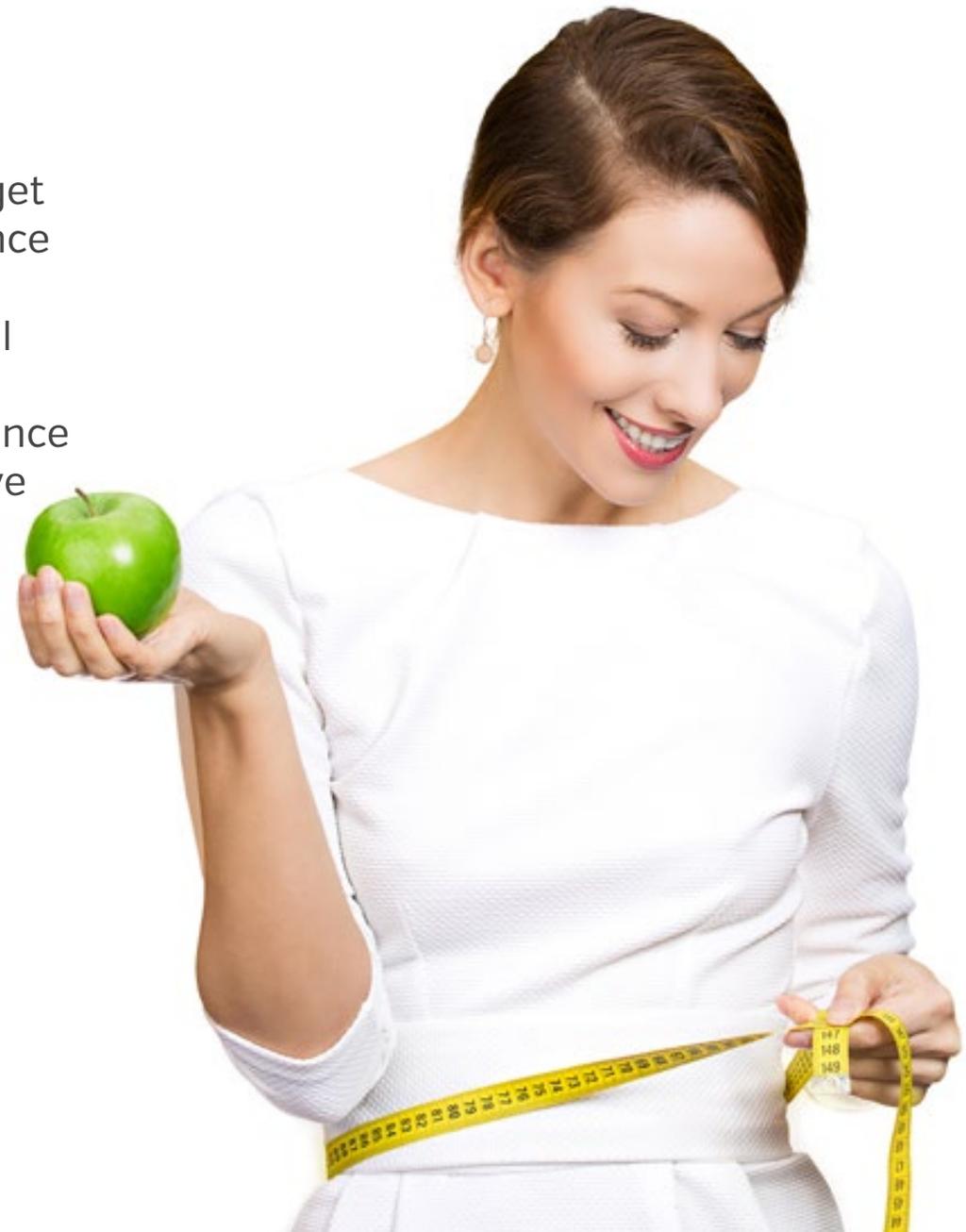
Being overweight doesn't only mean having excess body fat and looking big! On the other hand, what really gets affected is your health! Studies have shown that overweight and obesity increase the risk of developing diseases such as Type 2 diabetes, heart problems, high blood pressure and cancer. Not only this but carrying all this extra weight can also cause back problems and put strain on your joints! Losing weight and leading a healthy life can greatly influence your health and increase longevity!



Why lose weight?

3 Do it for a better life!

Stop feeling miserable and sorry about yourself and get moving! Nothing in life is impossible unless we convince ourselves that it is! Start taking baby steps towards creating better behavioral and lifestyle habits that will completely change your life for the best! All it takes is some determination and will power and believe me, once you push yourself you'll be surprised by how far you've come close to reaching your dream goal!



Tips for losing weight and keeping it off!

- Include lots of vegetables and fruits in your meals
- Drink lots of water; stay hydrated
- Eat healthy snacks in between meals
- Indulge in your meals, chew slowly and savor every bite
- Avoid eating and going to sleep directly
- Make sure you're getting enough protein in every meal → contributes to satiety
- Flavor your meals with herbs and spices! It'll satisfy your taste buds
- Have a vegetable loaded appetizer before eating your main course
- Include fiber in your diet! It aids in proper digestion and satiety and decreases cholesterol levels
- Get enough sleep and rest → sleep deprivation increases appetite through stimulating a hormone called ghrelin and suppresses the hormone leptin
- Get to learn your portion sizes and stick to them



Think you're doing it right? Think again!

1

Skipping breakfast

You've probably heard it many times! 'Breakfast is the most important meal of the day', but do you know the reason behind it? When you're asleep, your body shuts off all its systems and organs and goes to fasting mode including the liver which is responsible for producing insulin. Hence, your blood sugar levels go down. When you wake up and skip breakfast, insulin levels will remain low until you have lunch which will cause a sudden spike followed by a sudden crash. With time, this fluctuation with insulin levels can lead to insulin resistance and eventually develop type 2 diabetes. So start making healthy eating habits by having a healthy breakfast to keep you going throughout the day!



Think you're doing it right? Think again!

2 Not drinking enough water

Water is essential to all living things! Relying on other drinks sources of fluids is not enough! Water is necessary to keep your body hydrated, your body cells well functioning as well as aiding in weight loss. Studies have shown that drinking up to 8 cups of water is vital to keep you healthy and nourished! Instead of drinking juices, sodas and sweetened beverages, drink water!



Think you're doing it right? Think again!



3

Not exercising

Eating healthy and lower calorie meals will definitely allow you to lose weight. However, what goes hand in hand with a healthy balanced diet is exercise! Not only does it relieve stress, improve your mood but it decreases the risk of developing diseases and aids in weight loss! By exercising, you are increasing the rate at which your body burns calories i.e., your metabolism. When your metabolism increases, you burn fat and lose weight. Not only that but exercising tones up your body; when you lose an excessive amount of weight without exercising, excess skin flabs will be sagging giving you an unappealing appearance. Hence, begin by walking several times per week then slowly introduce some resistance training and weight lifting to your exercise routine; this will help you tone and get the body of your dreams!

Think you're doing it right? Think again!

4

Irregular sleeping patterns

Water is essential to all living things'. Relying on other drinks sources of fluids is not enough! Water is necessary to keep your body hydrated, your body cells well functioning as well as aiding in weight loss. Studies have shown that drinking up to 8 cups of water is vital to keep you healthy and nourished! Instead of drinking juices, sodas and sweetened beverages, drink water!



Think you're doing it right? Think again!

5

Limiting your carbohydrate content

Who doesn't love carbohydrate rich foods such as bread, pasta, rice and potatoes? But that doesn't mean depriving yourself from eating your favorite dishes! Anything eaten in moderation and balance is acceptable! The popularity of low carb diets has soared over the past few years due to their immediate effectiveness. Well, eating too little of anything can cause you to lose weight no doubt! But I must remind you that carbohydrates provide the chief source of energy to our body and brain which is glucose. Without it, our body would have to use other sources of nutrients for energy, mainly fat, in a process called ketosis. This is extremely dangerous on the long run since it can cause deadly complications such as coma. So indulge in eating your favorite dishes but watch your portion sizes!



Think you're doing it right? Think again!

6

You and your weight: A never ending dilemma!

Whether you have struggled or are struggling with a weight problem, the solution is quite simple actually! But for many of us, when questioned about our weight, we tend to feel uneasy and prefer not to disclose it! It's as if the number displayed on the weight scale is perceived as a nightmare although it's just a number! What matters most to you is your body composition. This means the breakdown of your weight into: fat and fat-free masses (muscles, water and organs). You can weigh the same but have a greater amount of fat and a lower amount of muscles in your body and vice versa. Or you could be retaining water from high salt consumption or taking medications that cause water retention.

Focus on your health and not your weight! Your weight is just a number! Several factors like height, amount of body fat, muscles and bone density play a role in determining body weight. Therefore, don't stress on your weight but instead focus on eating right, exercising regularly and staying healthy!



Start now! Exercise!

The hardest part is not about taking the initiative to start, but rather to be able to challenge your mind and body to proceed and continue no matter how hard the obstacles you're going to be facing on your way to weight loss are. So these are a few pointers to keep in mind that will help you to stay right on track:

1 No fear!

Yes you are overwhelmed and terrified! Stepping outside your comfort zone isn't easy but you've got to start somewhere and give it a try! Think of it as a big reward that you'll be receiving after a while that will leave you with smiles and satisfaction! Remember, you're doing this for you!

2 Be consistent!

Now the idea has sunk in, it's time for some serious action! Planning workouts ahead of time and making time for them is crucial for you to be able to stick to them! This will give you a motive and something to look forward to! So prepare your weekly schedule and follow it! To begin with, you need to start with cardio exercises that include 30 minutes brisk walking 3 times a week. This is crucial as a first step to get your body moving and metabolism pumping.

3 Set achievable goals!

Once you've started, you will soon get the hang of it and become used to it. Don't push yourself by going too far with your workout. Instead, aim to adapt your body to the changes it's going through and soon you'll be comfortable enough to take it to a higher level.

4 No pain no gain!

Nobody said it would be easy and nobody said your body would transform in the blink of an eye! But trust me; the pain is worth it once you start noticing the results! All it takes is time, dedication, commitment and endurance! So don't worry you can do it! Patience! Results take time, don't give up yet! Just keep moving forward!

Best pre and post workout snacks!

If your last meal was 3 hours ago and you are going to exercise, you need to fuel your body with energy to keep it going when exercising! After working out, your body is in recovery mode and needs to replenish its glycogen reserves from muscles as well as protein to aid in preserving your muscles. It's also important to get sources of complex carbohydrates that won't spike up your blood sugar levels.

Pre: One medium apple with 2 tablespoons of peanut butter

Post: Egg white sandwich with 2 egg whites on whole wheat toast

Pre: ½ cup of cottage cheese with ½ cup of fresh fruits

Post: Whole wheat pita bread with 2 tablespoons of hummus

Post: Whole wheat cereal with skimmed milk

Post: Grilled chicken sandwich with vegetables

Pre: Yogurt parfait with ¼ cup nonfat plain yogurt with ½ cup of whole grain cereal and ½ cup of fresh fruits

Post: Tuna corn sandwich

Pre: ½ cup of cottage cheese with ½ cup of fresh fruits

Pre: Dried fruits mix with ¼ cup of dried berries, apricots and dates

Post: Whole wheat cereal with skimmed milk

Pre: Fresh fruit smoothie with 1 cup of blended berries, banana, melon and oranges

Post: Vegetable omelet

Pre: Handful of dry-roasted nuts

Post: Chocolate milk





YOUR EXERCISE PROGRAM



EXERCISE

Get in Shape: 8 Minutes HIIT Workout

Try this 8-minute workout to target tough areas and get into in awesome shape. All you need is yoga mat or a soft surface. You'll work for 30 seconds and rest for 10 seconds, before it's time to move forward to the next exercise.



Get in Shape: 8 Minutes HIIT Workout



Jumping jacks

Stand with your feet together and your hands down by your side. In one motion jump your feet out to the side and raise your arms above your head. Immediately reverse that motion by jumping back to the starting position.



Tricep Dips

Hoist yourself up onto a bench, chair or step as long as it is stable and secure to take your body weight. Hands should be shoulder width apart fingers facing forward and elbows pointing backwards with a slight bend in the elbows. Legs extended out in front of you with a slight bend in the knee. Slowly lower your body until your shoulder joints are below your elbows. Push back up until your elbows are nearly straight but do not lock them out.



Squats

Start with your hips back, and not by bending your knees. Keep your back straight, with your neutral spine, and your chest and shoulders up. Keep looking straight ahead at that spot on the wall. As you squat down, focus on keeping your knees in line with your feet.

Get in Shape: 8 Minutes HIIT Workout



Push ups

When down on the ground, set your hands at a distance that is slightly wider than shoulder-width apart. Your feet should be set up in a way that feels right and comfortable to you.



Single Leg Glute Bridge

On the floor with your feet flat and knees bent. Raise one leg off of the ground, pulling the knee to your chest. Execute the movement by driving through the heel, extending your hip upward and raising your glutes off of the ground.



Plank

Start by getting into a press up position. Bend your elbows and rest your weight onto your forearms and not on your hands. Your body should form a straight line from shoulders to ankles. Engage your core by sucking your belly button into your spine. Hold this position for the prescribed 30 seconds.

For more exercises and full workouts go to [BeYou](#).

Bounce off Belly Fat: 5 Minutes Flat-Abs Workout

This workout combines some of the most effective moves you can do to work those abs. All you need is yoga mat or a soft surface. You'll work for 30 seconds and rest for 10 seconds, before it's time to move forward to the next exercise.



Bounce off Belly Fat: 5 Minutes Flat-Abs Workout



Russian leg twist

Sit on the floor with your knees bent and your feet flat on the ground. Lean back so your torso is at a 45-degree angle to floor, making sure to keep the spine straight and not rounded. Lace your arms straight out in front of your chest with one hand on top of the other. Raise your core and slowly rotate round to the right as far as you can, pause then reverse this movement all the way round to the left as far as you can.



Left side plank

Lie on your left side with your legs straight. Prop yourself up with your left forearm so your body forms a diagonal line. Rest your right hand on your hip. Switch sides!

Right side plank

Lie on your right side with your legs straight. Prop yourself up with your right forearm so your body forms a diagonal line. Rest your left hand on your hip.

Bounce off Belly Fat: 5 Minutes Flat-Abs Workout



The hundred

Lie flat with your legs squeezed together and long, strong arms by your sides (A). Lift both legs a few inches off the mat, squeeze your buttocks, and scoop your abs. Lift your head and look to your toes (B). Raise your arms over your thighs and pump your arms up and down with energy. Take a long, steady inhale for five pumps and a long, steady exhale for five pumps (C). Complete two to five sets (one set is 10 pumps) and work up to 100 pumps.



Boat pose

Sit with your feet on the floor, knees bent, hands beneath your knees for support. Keeping your chest lifted and shoulders back, engage your ab muscles and raise your lower legs until they are parallel to the floor (your knees should still be bent) and you are balancing on your sitting bones.



RECIPE



Recipes for you – personalised after your preferences

Regular 



BREAKFAST

Protein Pancakes

Ingredients:

- 2.6 oz cottage cheese
- 6 oz oatmeal
- 0.1 oz artificial sweetener
- 0.1 tsp vanilla
- 1 Spray cooking spray
- 3 piece eggs

Preparation:

- 1) Mix all ingredients together in a food processor or blender to make a batter.
- 2) Pour half of the batter in a preheated, pan coated with cooking spray and cook on both sides. Repeat with the remaining batter.

Nutrition facts:

Calories: 211
Carbohydrates: 22g
Fat: 2g
Protein: 25g

Recipes for you – personalised after your preferences

Regular 



LUNCH

Gluten-free quinoa linguine with peppery shrimp

Ingredients:

0.25 bundle Thyme leaves
0.25 oz butter
5 oz shrimps
0.33 fl oz lemon juice
0.2 oz lemon zest
5 pinches salt
2 pinches black pepper
2 sprays cooking spray
1.3 oz gluten-free quinoa linguine

Nutrition facts:

Calories: 355
Carbohydrates: 30g
Fat: 10g
Protein: 36g

Preparation:

- 1) Combine shrimp, 2 pinches of salt, and pepper, tossing to coat shrimp.
- 2) Heat a non-stick skillet over medium-high heat.
- 3) Coat pan with cooking spray. Add shrimp; sauté until shrimp are done.

Recipes for you – personalised after your preferences

Regular 



SNACK *Watermelon*

Ingredients:

5.36 oz Watermelon

Nutrition facts:

Calories: 46

Carbohydrates: 11g

Fat: 0.23g

Protein: 1g

Watermelon

Ingredients:

5.36 oz Watermelon

Nutrition facts:

Calories: 46

Carbohydrates: 11g

Fat: 0.23g

Protein: 1g

Recipes for you – personalised after your preferences

Regular 



DINNER

Turkey Burger

Ingredients:

4 oz turkey ground
1 oz zucchini
0.25 oz bread crumbs
0.6 oz onion
1 egg
1/4 bundle Parsley
0,5 garlic clove
salt / black pepper
1.5 oz whole grain burger bun

Directions:

- 1) Mix ground turkey, grated zucchini, bread crumbs, onion, 1/2 egg white, parsley, garlic, salt, and pepper in a large bowl. Form into a patty.
- 2) Heat a skillet over medium heat; arrange patty in skillet and cook until no longer pink in the center and juices run clear.
- 3) Serve hot with whole grain bun.

Nutrition facts:

Calories 296
Carbohydrates 22g
Fat 12g
Protein 28g

Recipes for you – personalised after your preferences

Regular 



DESSERT

Iced chocolate and coconut parfaits

Ingredients:

6 fl oz coconut milk

0.2 oz honey

2 tsp vanilla powder

0.4 oz unsweetened cocoa powder

Directions:

- 1) You are going to use only the thicker creamy parts of the coconut milk so make sure you don't shake the can too much before you open it. It's also important that the milk is well cooled.
- 2) Mix all the ingredients until a smooth mixture.
- 3) Serve right away and enjoy!

Nutrition facts:

Calories: 125

Carbohydrates: 2g

Fat: 12g

Protein: 2g

Recipes for you – personalised after your preferences

Vegetarian 



BREAKFAST

Raspberry pancakes

Ingredients:

4.4 oz raspberries
0.2 fl oz coconut oil
1.3 oz almond meal
4 eggs

Preparation:

1) Mix all ingredients together in a food processor or blender to make a batter.
2) Pour half of the batter in a preheated, pan coated with cooking spray and cook on both sides. Repeat with the remaining batter.

Nutrition facts:

Calories: 315
Carbohydrates: 13g
Fat: 16g
Protein: 19g

Recipes for you – personalised after your preferences

Vegetarian 



LUNCH

Vegetable bean wrap

Ingredients:

3 oz mango
1.25 oz onion
0.25 bundle green onion
0.6 oz red bell pepper
0.6 oz green bell pepper
1.7 oz avocado
1 oz flour tortilla
3.75 oz black beans
0.33 fl oz lemon juice

Preparation:

1) In a non-stick pan over medium heat, saute bell peppers & onion for 2 minutes, then add beans & stir well.
2) Reduce heat to low & simmer about 2 minutes.

Nutrition facts:

Calories: 379
Carbohydrates: 75g
Fat: 5g
Protein: 13g

Recipes for you – personalised after your preferences

Vegetarian 



SNACK *Raspberries*

Ingredients:
Raspberries (0.5 oz)

Nutrition facts:

Calories: 40
Carbohydrates: 9g
Fat: 0.5g
Protein: 1g

Recipes for you – personalised after your preferences

Vegetarian 



DINNER

Mexican tempeh quinoa salad

Ingredients:

0.6 oz cherry tomatoes

0.6 oz onion

0.5 oz red bell pepper

1.7 oz avocado

0.25 bundle cilantro

1.5 oz quinoa

2 oz tempeh

1.5 oz corn

3.75 oz black beans

2 oz salsa

0.5 fl oz lime juice

0.2 fl oz olive oil

1 pinch salt / 1 pinch black pepper

1 pinch cayenne pepper / 2 Pinches ground cumin

Nutrition facts:

Calories: 353

Carbohydrates: 45g

Fat: 13g

Protein: 17g

Preparation:

1) Place the quinoa and 1/2 cup of water in a covered pot on high heat.

2) Once it starts to boil, reduce to simmer and cook for 5 minutes or until the water is absorbed and the quinoa is fluffy. Add the remaining ingredients in a bowl and whisk together.

Recipes for you – personalised after your preferences

Vegetarian 



DESSERT

Banana chocolate pudding

Ingredients:

Banana 8.7 oz
Unsweetened cocoa powder 0.5 oz
Almond butter 0.5 oz
Maple syrup 1.5 fl oz
Almond milk 1.5 fl oz

Preparation:

- 1) Peel the bananas and place them into a food processor.
- 2) Add the cocoa powder, almond butter, syrup, and milk. Blend until smooth
- 3) Serve chilled

Nutrition facts:

Calories 196
Carbohydrates 39g
Fat 6g
Protein 4g

Recipes for you – personalised after your preferences

Vegetarian 



BREAKFAST

South Western Tofu Scramble

Ingredients:

0.25 bundle green onions
0.5 piece garlic cloves
0.6 oz carrots
0.6 oz red bell peppers
0.25 bundle cilantro
1 oz whole wheat toast
2.3 oz tofu
0.2 fl oz hot sauce
Cooking spray
1 pinch ground cumin / 1 pinch Turmeric

Nutrition facts:

Calories: 200
Carbohydrates: 20g
Fat: 7g
Protein: 16g

Preparation:

- 1) Heat nonstick skillet over medium heat and coat with cooking spray.
- 2) Add diced bell pepper and carrot, and cook until just tender.
- 3) Stir in diced green onions, garlic, cumin, and turmeric, and cook some more. the remaining batter.

Recipes for you – personalised after your preferences

Vegan 



LUNCH

Tempeh fajitas in flour tortilla

Ingredients:

0.6 oz onion
0.25 bundle spinach
2.5 oz green bell pepper
2.25 oz mushrooms
0.4 oz green chili pepper
0.25 bundle cilantro
1 oz flour tortilla
4 oz tempeh
0.2 fl oz olive oil
0.33 fl oz lime juice
0.6 fl oz soy sauce

Nutrition facts:

Calories: 414
Carbohydrates: 40g
Fat: 17g
Protein: 29g

Preparation:

- 1) Heat oil in a skillet over medium heat.
- 2) Slice tempeh into bite size pieces and sauté with soy sauce and lime juice until tempeh browns.
- 3) Stir in diced bell peppers, mushrooms, spinach, chili peppers, cilantro and onion.

Recipes for you – personalised after your preferences

Vegan 



SNACK

Banana with almond butter

Ingredients:

0.2 oz Banana

0.6 oz almond butter

Preparation:

- 1) Heat oil in a skillet over medium heat.
- 2) Slice tempeh into bite size pieces and sauté with soy sauce and lime juice until tempeh browns.
- 3) Stir in diced bell peppers, mushrooms, spinach, chili peppers, cilantro and onion.

Nutrition facts:

Calories: 168

Carbohydrates: 22g

Fat: 8g

Protein: 4g

Recipes for you – personalised after your preferences

Vegan 



DINNER

Creamy Vegan Pasta with roasted tomatoes

Ingredients:

16 oz Cherry tomatoes
8 garlic cloves
5.4 oz Shallots
10 oz whole wheat spaghetti
20 fl oz almond milk
0.5 fl oz olive oil
1 pinch salt
1 pinch black pepper
1.4 oz white flour

Nutrition facts:

Calories: 379
Carbohydrates: 64g
Fat: 9g
Protein: 12g

Preparation:

1) Preheat oven to 400 degrees and toss tomatoes in a bit of olive oil and sea salt.
2) Place cut side up on a parchment-lined baking sheet and bake for 20 minutes while you prepare the rest of the dish. Then set aside.

Recipes for you – personalised after your preferences

Vegan 



DESSERT

5 Ingredients Raw Vegan Brownies

Ingredients:

13 oz Dates
5 oz Almonds
8 oz Walnuts
4 oz Unsweetened
cocoa powder
1 pinch salt

Preparation:

1) Place walnuts in food processor and blend on high until the nuts are finely ground.
2) Add the cacao and salt. Pulse to combine.

Nutrition facts:

Calories: 140
Carbohydrates: 16g
Fat: 9g
Protein: 3g

Recipes for you – personalised after your preferences

Semi-vegetarian



BREAKFAST

Crispy kale fried eggs

Ingredients:

1 bundle kale
0.2 fl oz olive oil
0.1 fl oz lemon juice
1 pinch salt
1 pinch black pepper
2 eggs

Preparation:

- 1) Heat nonstick skillet over medium heat and coat with cooking spray.
- 2) Add diced bell pepper and carrot, and cook until just tender.
- 3) Stir in diced green onions, garlic, cumin, and turmeric, and cook some more. the remaining batter.

Nutrition facts:

Calories: 157
Carbohydrates: 2g
Fat: 11g
Protein: 11g

Recipes for you – personalised after your preferences

Semi-vegetarian



LUNCH

Cajun shrimp with quinoa

Ingredients:

2.5 oz shrimps
3 oz tomatoes
0.25 oz jalapenos / 2.5 oz onions
1 garlic clove / 0.4 oz tomato paste
0.2 fl oz olive oil / Cajun seasoning
0.7 oz Quinoa / 0.6 oz Low-fat mozzarella cheese
Cooking spray

Preparation:

- 1) Toss the shrimp and some Cajun seasoning together, set aside.
- 2) Toss the tomatoes with olive oil and some Cajun seasoning, set aside
- 3) Heat cooking spray over medium heat in a cast iron skillet. Cook the shrimp until opaque. Remove from the pan and set aside.
- 4) Coat the pan with cooking spray along with the onion, jalapeno and garlic. Cook until the onion and

Nutrition facts:

Calories 385
Carbohydrates 43g
Fat 10g
Protein 32g

Recipes for you – personalised after your preferences

Semi-vegetarian 

jalapeno are tender, stirring often. Mix in the quinoa, tomato paste, Cajun seasoning and tomato chunks. Top with the shrimp and then sprinkle with the mozzarella cheese.

5) Place in the oven and bake at 350 Farenheit for a 3 minutes. During the last minute, turn on the broiler to high and broil until the cheese is slightly brown and bubbly



SNACK

Ginger peach smoothie

Ingredients:

5.5 oz peach
2 fl oz unsweetened rice milk
2 pinch ginger powder
4 ice cubes

Preparation:

1) Peel and slice the peaches into slices.
2) Place the peaches, the rice milk, ginger powder and ice cubes in a blender. Mix together till a smooth texture.

Nutrition facts:

Calories: 97
Carbohydrates: 21g
Fat: 2g
Protein: 2g

Recipes for you – personalised after your preferences

Semi-vegetarian



DINNER

Seared salmon with white beans

Ingredients:

- 0.2 fl oz olive oil
- 1.5 oz Tomatoes
- 0.25 bundle Fennel bulb
- 8 oz white beans
- 1.5 fl oz white grape juice
- 0.2 oz Dijon mustard
- 1 pinch black pepper
- 4 oz salmon fillets / 2 pinches Fennel seeds

Nutrition facts:

Calories: 460
Carbohydrates: 39g
Fat: 21g
Protein: 34g

Preparation:

Heat oil in a nonstick skillet over medium heat. Add sliced fennel; cook, stirring occasionally, until lightly browned. Stir in beans, tomato, grape juice and mustard.

Cook, stirring occasionally, until the tomato begins to break down.

In the end, add the salmon, fennel seeds and black pepper. Let boil for a few minutes on a low temperature until the salmon is cooked.

Recipes for you – personalised after your preferences

Semi-vegetarian



DESSERT

Oatmeal muffins

Ingredients:

3 oz banana
1.25 oz raisins
20 oz oats
8 fl oz Almond milk
1/3 oz honey
2 tsp baking powder
1 pinch Nutmeg
1 pinch Cinnamon

Nutrition facts:

Calories: 90
Carbohydrates: 17g
Fat: 1g
Protein: 3g

Preparation:

- 1) Transfer 3 cups rolled oats to a blender and whisk for a few seconds until 2 cups flour forms.
- 2) Transfer to a mixing bowl. Whisk in baking powder, cinnamon, nutmeg and honey, and set aside.
- 3) Place the muffins in muffin tins and let bake for 10 to 15 minutes on 400 degrees Fahrenheit.

1 Smoothie a Day for a Healthier You

Lose weight and kick-start your metabolism with these healthy smoothie recipes, including smoothies for Weight Loss and for Optimum Health. Smoothies are not only an easy and delicious way to increase your daily intake of fresh fruits and vegetables, they also provide proven health benefits for both your mind and body. Here are my 7 seven favourite recipes, that I make over and over again at home always recommend my clients, while looking for simple ways to improve their health. Time to get the smoothie making started, it doesn't get any easier!



Healthy Avocado, Banana & Mint Smoothie Bowl

Ingredients:

- 1 chopped banana
- 1 roughly chopped avocado
- 1/2 squeezed lemon
- 1 handful spinach
- 5-7 mint leaves
- 2 cups water

Preparation:

Peel and chop the banana and avocado. Squeeze half a lemon. Chop a handful of spinach roughly. In a blender place the spinach, banana, avocado, mint leaves, squeezed lemon and water. Blend until smooth. Serve with your favourite toppings, such as kiwi, blueberries and chia seeds.

1 Smoothie a Day for a Healthier You



Beet & Berry Power

Ingredients:

1/2 cup blueberries
1 cup chopped beetroot
1 celery stalk
1 handful spinach
2 cm ginger
1 cup of water

Preparation:

Place all the ingredients; blueberries, peeled and roughly chopped beetroot, seller, spinach and grated ginger in a blender. Add the water and blend until you have a creamy smoothie in front of you.

1 Smoothie a Day for a Healthier You



Pink Summer Smoothie

Ingredients:

½ cup pineapple
½ cup strawberries
1 lime
2 tbsp. goji berries
¾ cup almond milk
Ice cubes [optional]

Preparation:

Chop the pineapple, strawberries and the lime. Add all the ingredients in a blender. Blend until smooth. Serve right away and enjoy!

1 Smoothie a Day for a Healthier You



Choco Lovers Favourite

Ingredients:

1/2 avocado

1/2 mango

1 cup water

1 tbsp. raw cacao

1 inch piece of ginger, peeled and minced finely

Preparation:

Add a half chopped avocado, a half mango, water and raw cacao. Grate the ginger and add that as well. Now it's time to blend everything together, until smooth!

For a sunny day, add some ice cubes and decrease the amount of water.

1 Smoothie a Day for a Healthier You



Brazilian Beauty

Ingredients:

1 coconut water

1/2 banana

1 tbsp. Açaí

1 tbsp. hemp protein powder (or any other protein powder)

Preparation:

Add all the ingredients in a blender. Mix until smooth and serve with your favourite toppings, such as banana, granola, strawberries, coconut flakes and chia seeds.

1 Smoothie a Day for a Healthier You



Detox Smoothie

Ingredients:

1 apple
1 bunch of parsley
1 handful kale
1/2 lemon
1 tsp Spirulina
1 cup water

Preparation:

Place the chopped apple, the parsley and kale [remove the leaves from the stem], the chopped lemon, Spirulina and water in a blender. Blend all the ingredients until smooth!

1 Smoothie a Day for a Healthier You



Sunshine Smoothie

Ingredients:

1 cup coconut water
1 orange
½ cup mango
1 tsp turmeric
1 inch piece of ginger

Preparation:

First, prepare the chopping that needs to be done. Chop the orange and needed mango amount. Add the all the ingredients to the blender. Blend it until smooth. Enjoy!

Healthy Eating Pantry & Fridge Makeover Guide



When it comes to healthy eating and learning how to stick to your new clean eating habits, preparation and knowledge are truly key.

Knowledge, because you need to learn which foods best serve your body and its own very unique physiology. And knowledge, because regardless of your dietary preferences, there are a few food staples that can benefit any body type.

Preparation, because the more prepared and comfortable you are in your kitchen, the easier it becomes to feed your body cleaner and more nutritious foods.

I can guarantee you that once you are done with this pantry and fridge makeover, you will feel a lot more empowered and confident to sustain your new clean eating habits.

So, let's get started...

Healthy pantry staples

Breakfast staples:

- **Oats** : oats are rich in fibers and such a great staple for your breakfasts and baking goodies.
- **Flour** : either whole wheat [quality] flour or go gluten-free with brown rice flour, almond flour or even coconut flour.
- **Quinoa** : you can create the most delicious morning porridges with quinoa as a healthy gluten-free alternative to oats.
- **Chia seeds** : to be stocked in your fridge to make sure the healthy fats stored inside do not go rancid. A great superfood to have handy for your smoothies or overnight breakfast bowls.
- **Almond/cashew or peanut butter** : a good quality one, organic if possible. To be stored in the fridge as well [to prevent the fats from turning rancid]
- **Ezekiel breads*** : or any breads made with sprouted whole grains. [Ezekiel breads should be preserved in your freezer though].
- **Sourdough bread*** : a healthy alternative to conventional store-bought breads is a quality sourdough bread, made with just water, salt and flour. No added sweeteners, fillers or chemicals.



* : please note that breads should not be consumed every day. They can be a delicious addition to your diet but should not be a main staple. There are many other foods that are richer in nutrition and will keep you fuller longer.

Healthy pantry staples

Healthy sweeteners**:

- **Quality maple syrup** : great when used in moderation for your pancakes or to use in your baking.
- Raw unpasteurized honey: such a superfood when sick, and a great addition to some smoothies, morning drinks or herbal teas.
- **Coconut nectar** : a healthy alternative to processed sugar. It contains a few minerals, antioxidants and even some fiber (from the coconut sap, from which it is made). However, it is STILL a form of sugar. So use it with caution and sparingly as, when consumed in excess, it will cause the same effects as regular white/brown sugar would : diabetes, weight gain, skin problems, etc.



** : If on you are on a no-sugar detox/cleanse diet, please skip this section as there are other healthy alternatives to bring you some sweet taste without the need to use these sweetener

Healthy pantry staples

Healthy Oils/Vinegars :

- **Extra virgin coconut oil** : a great source of healthy fats and fuel for your body. Coconut oil is SO versatile, you can use it to cook, add it to your smoothies or on top of your pancakes.
- **Quality extra virgin olive oil** : perfect to add to your salads or to cook with at a low to medium heat (AVOID high heat as it burns quickly and creates carcinogens).
- **Sesame Oil** : unrefined and unprocessed. Such a great oil to cook with at high temperatures. A great addition to your asian-inspired meals as well.
- **Unrefined apple cider vinegar** : truly the only vinegar needed in a kitchen when it comes to eating. A great source of beneficial probiotics as well.
- **Brown rice vinegar** : also a great staple to have in handy if you wish to create asian-inspired salad dressings.



Healthy pantry staples

Nuts/Seeds & Other Healthy Toppings:

- Almonds : rich in calcium and an excellent snack on the go
- Sunflower seeds
- Walnuts : but preserve them in the fridge as they can go rancid easily.
- Hazelnuts
- Pistaccios
- Shredded coconut
- Raisins/Dried Cranberries : to be kept in the fridge as well.
- Dairy-free dark chocolate chips : to be used sparingly as they often also contain some form of sugar or sweetener.



Healthy pantry staples

Healthy spices & condiments :

- Quality unrefined sea salt or Himalayan rock salt
- Black pepper (whole, to be ground)
- Cinnamon : anti-inflammatory and blood-sugar regulator.
- Turmeric : a great anti-inflammatory spice.
- Paprika
- Curry spice
- Cumin
- Coriander
- Italian spices
- Cayenne pepper or chili flakes (for those hot & spicy meals)
- Mustard (good quality dijon or whole-grain mustard)



Healthy pantry staples

Healthy dry goods :

- Beans & legumes: dry or from BPA-free cans. They are such a great source of proteins and you can make some really quick and easy meals, using lentils, chickpeas or pinto beans (for example).
- Brown rice
- Brown rice or whole grain pasta
- Rice noodles (for those asian-inspired stir-frys, for example)
- Quinoa, Barley

Healthy Produce Staples:

- Onions
- Garlic
- Sweet potatoes
- Potatoes
- Bananas (NEVER store them in the fridge, keep them out and near your unripe avocados. It will help any fruit ripen much faster when next to them)
- Oranges (if in season)
- Apples / Pears
- Pineapple / Mango
- Any other fruit that is in season and is stored outside of the fridge

Healthy fridge makeover

No matter what, always stock up on these goodies in your fridge and freezer.

Fridge:

- Dairy-free milks : almond, coconut, oat or rice milk (homemade or a healthy store-bought option)
- Mustard
- Nut/seed butter (to prevent the fats from going rancid)
- Tempeh or tofu (especially if you are a vegetarian/vegan)
- Chia seeds
- Flax seeds
- Free-range & organic eggs
- Sundried tomatoes
- Pesto (homemade or store-bought)
- Walnuts, cashews, almonds
- Lean meat : grassfed and organic, please (if non-vegetarian/non-vegan)
- Leafy greens (kale, spinach, swiss chard, etc)
- Fresh herbs (basil, parsley or coriander/cilantro)
- Mushrooms
- Carrots
- Tomatoes



Healthy fridge makeover

- Lemons
- Avocados
- Berries
- Any other fruit and/or veggie in season that needs refrigeration

Freezer:

- Frozen bananas
- Frozen berries
- Frozen vegetables [when necessary, if not eat them fresh]
- Dairy-free ice cream: for occasional treats
- Frozen leftover meals [homemade, like stews or soups]



