



GOAL SESSION 1 PLANS FOR ENERGY BOOSTING MEALS

Our PDF booklet with meal planner pages, pacing, gratitude etc [here](#)

Guest speaker videos with Afternoon Tea with the Docs Drs (fibre, chronic conditions and insulin resistance) [here](#)

Books and useful websites/recipes

[The Happy Pear recipes](#)

[Deliciously Ella recipes](#)

[Raw food recipes](#)

[Henry & Henry meals, meditation and tips](#)

The anti-inflammatory smoothie (recipe slide attached doesn't have quantities but I suggest)

- ½ pineapple
- ¼ cucumber
- Handful spinach
- 1-2 sticks celery
- Thumb size piece of ginger
- 1tbsp ground flax
- ½ milk and ½ water (approx. 300ml altogether)

All can be adapted to suit tastes etc. some people prefer thin smoothies, others prefer more thick and chewy. Chop ingredients and whizz them in the blender. Can be stored in the fridge for up to 3 days.

Linda's recipes for her curry and snack bars

Breakfast bars

- 2 ripe bananas
- 200g rolled oats
- 100ml plant milk
- 2 tbsp cashew butter
- 1 tbsp ground cinnamon
- 1 tbsp honey
- 1 tsp vanilla powder *(can be missed out)

Preheat oven to 180c. Slice and mash bananas until smooth, mix in a bowl with all other ingredients. Oil a tray/baking dish, spoon mixture in. Bake approx. 12 minutes. Leave to cool, cut into bars. Can be stored in airtight container in fridge for up to 5 days.

Chickpea, quinoa and turmeric curry

- 500g new potatoes halved
- 3 garlic cloves crushed
- 3 tsp ground turmeric
- 1 teaspoon ground coriander
- 1 tsp chilli flakes/powder
- 1 tsp ground ginger
- 400g coconut milk (can halve and add half water)
- 1 tbsp tomato puree
- 400g chopped tomatoes
- Salt and pepper
- 400g chickpeas drained and rinsed
- 150g spinach

Boil kettle, pour over pan of potatoes, let them cook for 25 mins, drain well. Put potatoes along with all other ingredients except quinoa, spinach and chickpeas into a large pan. Bring to boil then add quinoa and 300ml boiled water. Simmer for 30 mins stirring occasionally. Half way through add chickpeas. When there are 5 mins left add the spinach.

