



Tasty
Healthy
Energy

Alive & Well

Life Dreaming with Liz Lennon <http://lifedreaming.me>

Food

Love your
body & your
health

adventure is about mindset not age



3 X 3 Recipes that will make your heart sing

Let's start with what I'm not.

I'm not an expert nutritionist

What am I?

I adore preparing and cooking food and created my own 60 Day Energy Adventure that you can read about on my Life Dreaming site here -

<http://www.lifedreaming.me/blog/>

I started it because the pain of feeling depressed, overweight, irritable and literally no real energy or enthusiasm was driving me mad

I decided that I wanted to pay more attention to my heart, mind, body & intuition and see what patterns I was mired in – and then create new ones

Building my body health was the first step as it holds 4 key energies – heart, mind, body and intuition

I eliminated gluten, sugar, dairy, eggs, corn and soya from my diet for 3 weeks – no alcohol

I walk every day, started swimming and will be weight training soon

I had no cravings, lost 12 pounds, my skin glowed and my energy was up up up. I'm back with eggs but will go another 3 weeks away from the others. I'm going to kick sugar and gluten out for good except for the odd glass of bubbles.

I pulled together these 3 x 3 recipes for you because they are healthy, tasty and easy to make – enjoy with my best wishes



Brekky
Quick
Healthy
Tasty

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Brekky is the beginning of a new day so give it some love

I have 3 favourite recipes that take minutes to make

Poached Eggs on Basil & Rocket/Spinach

1 free range egg

Fresh basil

Rocket

1. Fill a small pan with water and let it boil. I often add dried sage as it's a wonderful herb for your body
2. Don't crack the egg – place the whole egg in the water for 20 seconds
3. Take the egg out with a spoon
4. Crack the egg and put into the water after lowering the temp
5. I love runny eggs so I leave it in for 2 minutes or until the whites are firm and I can see the yolk is still runny
6. Toast a piece of gorgeous bread. I'm going gluten free so I might toast some lovely rye bread
7. Add the rocket, spinach and basil [and even mint if you love it. I'm all about the flavours].
8. Spoon egg from water and pop on the greens
9. Add a pinch of smoked sea salt or your fave herb
10. Eat slowly and savor the taste



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Berry smoothie with lots of things added

Handful of fresh berries

1 cup rice or almond or coconut/rice milk

1 tspn chia seeds

1 tspn cocoa powder

½ tspn cinnamon

1 tsp of pea protein powder [or any protein powder that has no added sugar and is gluten free]

1 tsp of crushed flax, sunflower & pumpkin seeds *

* All these powders can be found in health food stores and even supermarkets. I buy organic when I can and a packet lasts ages.

1. Mix everything together with a blender
2. Pour into a glass and admire the gorgeous color
3. Sip slowly and feel all that goodness going into your body

There are heaps of books and sites with healthy smoothie recipes. My Dad has a green smoothie and I do that sometime as well using kale and spinach.



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Very Happy Oats

Makes 2 servings

1 cup organic oats

Nice big pinch of Cinnamon

Pinch smoked sea salt

Handful of any nuts and dried fruit you love

1 cup water and 1 cup almond, rice or coconut/rice milk

- 1 Mix everything together in a bowl
- 2 If you remember, let it soak in the fridge overnight and then it takes about 5 minutes to cook
- 3 Otherwise, let everything do what porridge does and cook
- 4 Pour in a bowl and add more 'milk' if needed
- 5 You can also add some fresh berries after you've poured the porridge into the bowl

Porridge is tasty and healthy and slow release energy for the day

It's also one of the most comforting of foods and I have been known to have porridge for dinner!



Lunch

Fishy

Green

Easy

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For many people lunch is a rushed time – SLOW DOWN & SAVOR

Life really is short

I work from home so I pop down to the kitchen and make something delish and have a break from the computer

Even if you work in an office these recipes are easy peasy to make and pop into a lunch box – you know you're retro!

Fishy Wrap with Greens

Fresh crab or a small tin of line caught salmon

Rocket, spinach or any green you love

Mange tout for the crunch

Herbs you love – basil, dill, mint

Squeeze of lime juice

Gluten free wrap *

*gluten free wraps can be found in the gluten free section of a supermarket or a good health food store

1. Hint – I store all my vege in containers to keep them fresh. It's also super easy to pull them all out when you want to make wraps or dinner
2. I heat the wrap for less than a minute then make it up



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Divinely Delicious Garden Vegetable Soup

2 cloves garlic

2 sticks celery

1 chopped onion

2 carrots chopped

1 sweet potato chopped

1 courgette chopped

{you could add runner beans, cauliflower, broccoli, butternut pumpkin – pretty much any vege you love}

100 g peas

1 tin of tomatoes or passata

Smoked paprika, mixed herbs

1.4 litres vegetable stock

* Make this on a weekend and then just heat for lunch or dinner

1. Add ½ tablespoon of olive oil and add paprika and mixed herbs – take a moment to enjoy the scent
2. Add onion, garlic & celery – cook 3 minutes
3. Add all vegetables except peas – cook 10 minutes
4. Add stock and simmer for 25 minutes and add the peas in
5. Blend half and mix back into soup



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Quick Herby Omelette

2 eggs per person

Your favourite chopped fresh herbs and greens

Smoked sea salt & pepper

Teeny bit of butter or olive oil

1. Heat the oil or butter in a pan
2. Add the beaten eggs and cook for a few minutes
3. Add your herbs. I often add baby spinach and rocket with basil, mint and dill or even tarragon
4. Fold in half
5. Put on plate with some lovely green salad and a dash of balsamic vinegar



Dinner

Celebrate

Savor

Connect

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I love creating my own dishes for dinner

Savouring the taste and texture of all the wonderful ingredients is delightful

The roast vege quinoa makes quite a lot – probably 5 servings. It last me for a few lunches and dinners during the week.

Chicken or Fish with Roasted Vegetable Quinoa & Salad

Chicken breast your favourite fish – I love salmon and tuna

1 cup quinoa

2 cups vegetable stock

½ sweet potato cut into little cubes

½ small butternut pumpkin

Salad greens

1. Pop the vege on a tray, add some smoked paprika and cinnamon and a drizzle of oil – mix it all around and then bake for about 20 mins on 180C or until soft
2. Cook the quinoa in the stock for about 20 mins
3. Mix vege into quinoa and pop on salad greens with mangel tout and the chicken/fish that has been grilled or fried in small amount of oil



Dinner

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Italian Style Quinoa

Makes 4 servings

1 cup quinoa

2 cups vegetable stock

Tin of chopped tomatoes

1 chopped onion

2 cloves garlic

1 zucchini chopped

Some broccoli chopped

Mixed dried herbs

Pinch cayenne

Dribble of balsamic vinegar

Big handful of baby spinach

1. Cook quinoa as in last recipe
2. Fry onions, garlic, broccoli and zucchini until onions are soft
3. Add tomatoes, herbs & vinegar
4. Let it all cook down until it's a lovely sauce
5. Add spinach and let it wilt into the sauce
6. You can add some chicken if you want
7. Pour sauce onto cooked quinoa



Dinner

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Swoony Mushroom, Garlic & Parsley Spaghetti

Serves 1

Gluten free spaghetti

100g sliced mushrooms

4 garlic cloves finely sliced

10 grams of parsley

Pinch of chilli flakes

1. Cook the spaghetti while the rest is frying
2. Fry mushrooms in a teeny bit of olive oil and set aside
3. Fry garlic and add chilli flakes
4. Add in the parsley
5. Add the mushrooms
6. Pop spaghetti on your plate and then add the mushroom, garlic and spaghetti mix – swoon at the scent

