



Food Preparation and Cooking Tips



Food Preparation

1. Prepare vegetables in advance. Cut up enough veggies to last a few days, both for snacking and cooking and keep in the fridge in sealed containers.
2. Make extra brown rice – cook the whole bag if you can. This way it is ready and you just need to reheat as needed, again keep in a sealed container.
3. Use organic frozen vegetables and fruit if you can't obtain fresh.
4. If using canned beans or chickpeas, make sure you rinse them very well.
5. Double one of the smoothie recipes in the morning and have it as a snack later in the day.



Cooking Tips & Techniques

1. Vegetables: Steam, water sauté, or roast your vegetables.
2. Spice up your food – add herbs and spices to your cooking. Adding fresh rosemary, chopped coriander, chives, or parsley helps enhance the flavor and reduces the need to add fat. You can also add fresh crushed garlic to your vegetables for extra flavour and an immune boost.
3. Roast a bulb of garlic and use it like you would butter.
4. Use aromatics – scallions, spring onions, ginger, garlic and lemongrass. They add flavor and aroma to foods.
5. Choose vegetables from all categories – **eat the ones you like and try something new**. And even ones you don't particularly like, **try in a different way**. (e.g. I'm not a lover of cooked celery in casseroles etc but I've now found that celery blended in a soup or raw in a smoothie or juice has a really lovely refreshing flavour that I enjoy, so give it a go)
6. Use extra virgin olive oil and salt and pepper for dressings whenever possible