

21-DAY

HEALTHY HABITS

CHALLENGE



**KICK-START YOUR HEALTH JOURNEY WITH 3 WEEKS OF
HEALTHY EATING, EXERCISE AND MINDFULNESS**

Meal guide - Worksheets - Recipes

ABOUT THE CHALLENGE

What is the Healthy Habits Challenge?

The challenge is a 3-week programme that will guide you to make healthier diet and lifestyle changes. The aim of the challenge is to get you kick-started in creating healthier habits that you can continue with post-challenge.

Who is the challenge for?

If you want to create some healthier habits but are not sure where to start or are struggling to implement healthier choices, the Healthy Habits Challenge can help you establish and commit to some positive changes, with the aim that these eventually become habit and part of your regular routine.

Please note that the meal guide is not individualised nutrition advice and does not take into account any particular medical conditions or allergies. Please seek advice if you are unsure if this programme is suitable for you. The guide is based on recommendations for healthy adults with a low to moderate physical activity level (1-2hrs/week). Nutrient requirements may differ if you fall outside this particular group. For any queries please contact info@sb-nutrition.com.

What is included?

This booklet includes a 3-week meal guide and recipes. Also included are worksheets for you to complete during the challenge where you can record your goals for the challenge, as well as a few more specific habits to aim for and check off on the habit tracker each day you complete these.

Who am I?

I am a qualified nutritionist with a BSc in Public Health Nutrition from Oslo and Akershus University College of Applied Sciences in Norway. As well as consulting with clients on an individual basis, I also present workshops and write nutrition articles. I am currently based in Brisbane but help clients from all over by virtual and email consultations in both English and Norwegian.

PREPARING FOR YOUR 21-DAY CHALLENGE

In this booklet you'll find a meal guide for the 3-week period, recipes for the meals included in the guide, a shopping list and worksheets to use during the challenge.

On day 1 of the challenge, take some time to reflect over what you hope to achieve during this period and complete the worksheets.

Sometimes it can be better to aim for small goals each week rather than a larger, more challenging goal that might be discouraging if you don't quite get there. Remember that small changes add up - aim for progress, not perfection!

You don't have to decide on all your habits for the habit tracker at once - you may like to reflect after each week and think of an appropriate new habit for the coming week at that stage, or build upon a previous habit.

About the meal guide

The breakfast and lunch recipes in the guide generally make 1 serve - if you want to save time or are completing the challenge with others, you can increase the amounts to make several serves. The dinner recipes serve 2 so you can share with a friend or partner, or freeze leftovers so you've got a quick easy meal for another day!

The meal guide is just a guide, you can swap around some meals to fit in with your lifestyle and plans.

If you have a busy lifestyle, planning and preparing your food in advance can make it easier for you to make healthier choices. Use a shopping list and meal planner when shopping for the week and try to set aside some time (perhaps each evening or every Sunday) to prepare food in bulk for a few days at a time. This means you will always have something nutritious on hand, so you're more likely to make a healthier choice.

A few last tips:

- ★ Keep hydrated! Water makes up around 70% of your body weight and is important for many body functions, so it's important to keep hydrated. Dehydration can often lead to headaches, hunger, or may even cause bloating. Take a water bottle with you wherever you go and sip regularly throughout the day. Water should be your main go-to drink.
- ★ During the challenge, try to reduce your intake of caffeine (including energy drinks), alcohol, added sugars (sugars that occur naturally in whole foods are fine and nothing to be afraid of!), processed foods, sugary drinks and artificial sweeteners.
- ★ Water can dilute stomach acid and may impair the digestive process, so try to avoid drinking water during meals (or sip small amounts if you need to drink while eating). If you have issues with digestion, a tablespoon of apple cider vinegar or lemon juice diluted in about half a cup of water, taken around 15-20 minutes before your meal may help.
- ★ Also to help your digestive system work optimally: try to avoid eating your last meal very late at night, eat at least 2-3 hours before bedtime.

YOUR SHOPPING LIST

Fresh fruit and vegetables

- Apples
- Avocado
- Banana
- Beetroot
- Blueberries - fresh or frozen
- Broccoli
- Cabbage - red
- Capsicum - red
- Carrots
- Cauliflower
- Cherry tomatoes
- Chili - red
- Cucumber
- Eggplant
- Garlic
- Ginger
- Herbs eg. basil, coriander, mint, parsley, rosemary
- Lemon
- Onion - red and brown
- Pumpkin
- Root vegetables (see lemon chicken recipe)
- Spinach/rocket/salad greens
- Sweet potato/potato
- Tomatoes
- Zucchini

Meat, alternatives and dairy

- Chicken breast fillets
- Eggs
- Feta
- Goat's cheese
- Milk/milk substitute
- Parmesan
- Salmon fillets
- Yoghurt - plain, no sugar added

Other grocery items

- Almond meal (or grind your own!)
- Brown rice
- Chia seeds
- Chickpeas
- Coconut milk
- Coconut - shredded
- Coconut water (optional)
- Couscous
- Flaxseed
- Flour eg. spelt, wholemeal
- Maple syrup (100% maple)
- Nuts and seeds eg. almond, cashew, walnut, sunflower, pumpkin, sesame
- Oats
- Peanut butter - low salt, no added sugar
- Pita - wholemeal
- Psyllium husk
- Soy sauce - salt reduced
- Tahini (optional)
- Tomatoes - canned, peeled, no sugar, low salt
- Tomato puree (optional)
- Wholegrain/rye/spelt sourdough

Spices and condiments

- Baking powder
- Chilli powder
- Cinnamon
- Cocoa powder
- Coriander
- Cumin
- Garam masala
- Olive oil
- Pepper
- Salt
- Sumac
- Turmeric

MEAL GUIDE

WEEK 1	M	T	W	T	F	S	S
B	Berry Smoothie	Bircher Muesli	Green Smoothie	Bircher Muesli	Berry Smoothie	Porridge	Banana Pancakes
S	Bliss Balls	Nuts + Berries	Apple + Cinnamon	Bliss Balls	Nuts + Berries	Bliss Balls	Apple + Cinnamon
L	Salad + Protein	Egg + Avo on Toast	Salad + Falafel	Salad + Chicken	Salad + Protein	Omelette	Egg + Avo on Toast
S	Veggie Sticks + Hummus	Chia Pudding	Crispbread + Hummus + Egg	Veggie Sticks + Hummus	Chia Pudding	Veggie Sticks + Hummus	Crispbread + Hummus + Egg
D	Soup	Falafel + Salad	Lemon + Rosemary Chicken	Chicken Curry	Salmon + Wedges	Veggie Bake	Stir Fry
WEEK 2	M	T	W	T	F	S	S
B	Green Smoothie	Porridge	Berry Smoothie	Green Smoothie	Bircher Muesli	Banana Pancakes	Bircher Muesli
S	Apple + Cinnamon	Bliss Balls	Nuts + Berries	Apple + Cinnamon	Bliss Balls	Nuts + Berries	Bliss Balls
L	Salad + Protein	Salad + Salmon	Salad + Protein	Egg + Avo on Toast	Salad + Protein	Egg + Avo on Toast	Omelette
S	Crispbread + Hummus + Egg	Veggie Sticks + Hummus	Chia Pudding	Crispbread + Hummus + Egg	Veggie Sticks + Hummus	Chia Pudding	Veggie Sticks + Hummus
D	Salmon + Wedges	Stir Fry	Veggie Bake	Chicken Curry	Soup	Falafel + Salad	Lemon + Rosemary Chicken
WEEK 3	M	T	W	T	F	S	S
B	Berry Smoothie	Green Smoothie	Porridge	Bircher Muesli	Green Smoothie	Bircher Muesli	Banana Pancakes
S	Bliss Balls	Apple + Cinnamon	Bliss Balls	Nuts + Berries	Apple + Cinnamon	Bliss Balls	Nuts + Berries
L	Salad + Chicken	Egg + Avo on Toast	Salad + Protein	Salad + Salmon	Salad + Protein	Omelette	Egg + Avo on Toast
S	Veggie Sticks + Hummus	Crispbread + Hummus + Egg	Veggie Sticks + Hummus	Chia Pudding	Crispbread + Hummus + Egg	Veggie Sticks + Hummus	Chia Pudding
D	Chicken Curry	Veggie Bake	Salmon + Wedges	Stir Fry	Lemon + Rosemary Chicken	Soup	Falafel + Salad

WORKSHEETS

Day 1

Write down your goals for this challenge. What do you want to achieve? You don't have to just choose one large goal, you may prefer to choose a few smaller goals for each week.

My goal/s for the challenge:

Main Goal:

Week 1:

Week 2:

Week 3:

Think about your motivation and why you want to complete the challenge. What is the motivation behind your goals? Being clear about your "why" can help keep you on track if your motivation wavers.

I want to complete the 21-day Healthy Habits Challenge because:

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How do you feel right now? This might be how you're feeling physically, mentally or perhaps both. At the end of the challenge you can compare notes to see the impact of your new healthy habits!

How I feel at the start of the challenge:

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.....

Habit Tracker

Choose a habit you'd like to focus on for each week and check off each day you keep the habit.

Review your progress at the end of each week and choose a new habit (or build upon the previous habit) for the coming week.

	M	T	W	T	F	S	S
WEEK 1 HABIT:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2 HABIT:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3 HABIT:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 21

Congratulations on completing the Healthy Habits 21-day Challenge! Take some time to reflect on your achievements during the last few weeks and see how far you've come.

How I feel at the end of the challenge:

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What are some of the things I've learned during the challenge, that I would like to continue with in my regular routine?

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.....
.....
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RECIPES

21-DAY HEALTHY HABITS CHALLENGE



BREAKFAST

Berry Smoothie

Makes 1 serve

- 1 cup milk or milk alternative
- ¼ cup blueberries
- ½ medium banana, frozen
- 1 tablespoon oats
- 2 teaspoons ground flaxseed
- 1 teaspoon psyllium husk
- ½ cup spinach
- ½ cup ice (optional)

Add all ingredients to a blender and blend until smooth.



Bircher Muesli



Makes 2 serves

- 1 cup oats
- 1 cup milk or milk alternative
- 1 medium apple, grated
- ½ teaspoon cinnamon
- ½ cup plain yoghurt
- ¼ cup raw nuts and seeds (eg. sunflower/pumpkin seeds, almonds, walnuts, cashews)
- ¼ cup shredded coconut
- berries or apples slices (optional)

Mix together oats, milk, apple, cinnamon and half the yoghurt. Cover and refrigerate for at least 1 hour, preferably overnight. To serve, chop the nuts and add to oat mixture together with the seeds, coconut and the remaining yoghurt. If you wish you can top with a handful of berries, or some apple slices. This recipe makes 2 servings and will keep in the fridge for up to 4 days.

Green Smoothie

Makes 1 serve

- 1 cup water or coconut water
- ½ medium banana, frozen
- 1 tablespoon lemon juice
- 1 cm ginger, grated
- ¼ medium avocado
- ½ cup spinach
- 1 teaspoon ground flaxseed
- 1 teaspoon psyllium husk
- a few mint leaves
- ½ cup ice (optional)

Add all ingredients to a blender and blend until smooth.



Porridge

Makes 1 serve

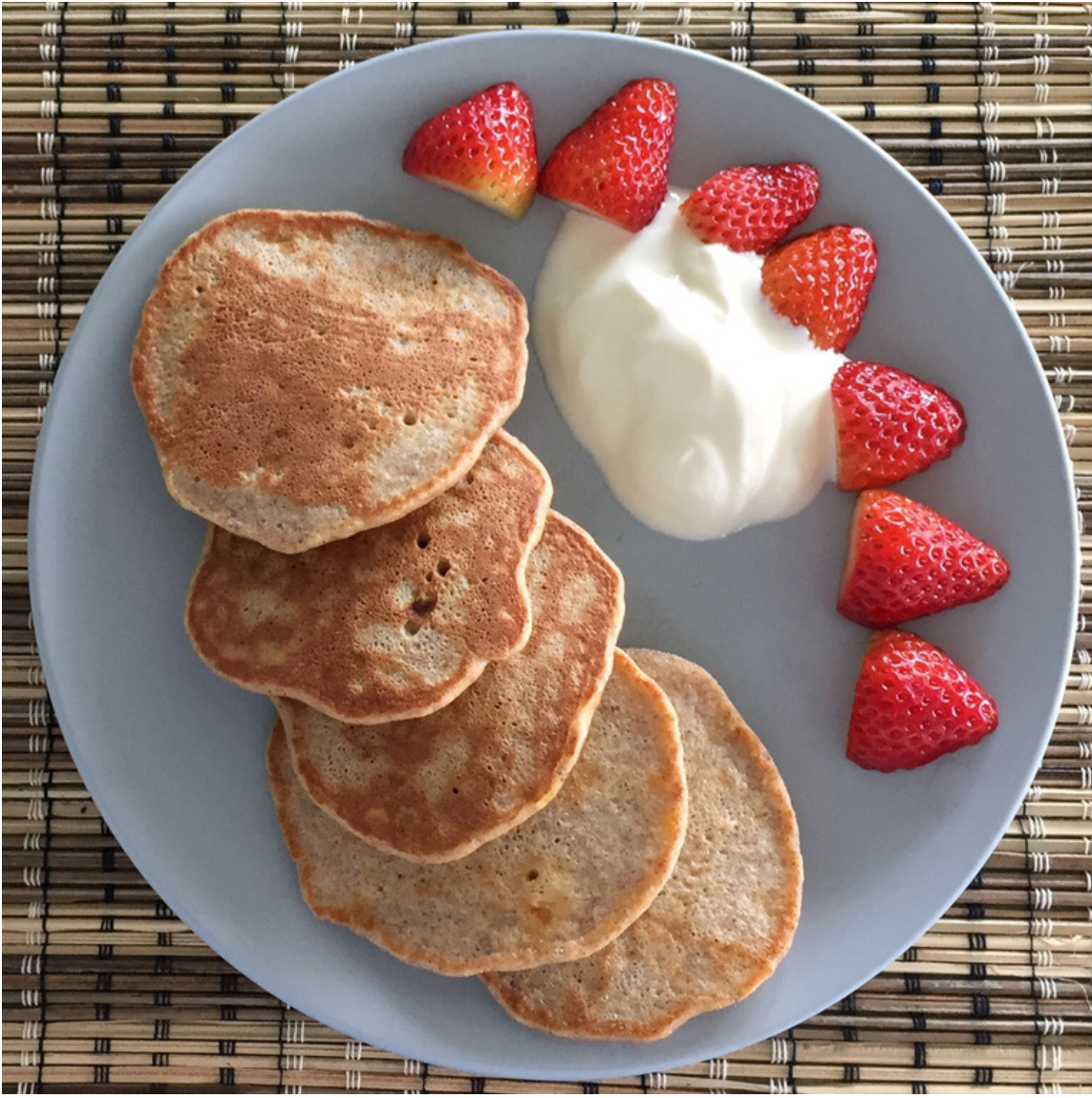
- ½ cup oats
- ¼ cup milk or milk alternative
- ¼ cup water
- ½ medium banana
- 1 teaspoon ground flaxseed
- ¼ cup chopped raw nuts (eg. almonds, walnuts, cashews)
- ½ teaspoon cinnamon



Add oats, milk, cinnamon and water to a small saucepan and heat over low heat for around 10 minutes, until oats have absorbed most of the liquid.

Transfer porridge to a small bowl and top with banana slices and chopped raw nuts.

Banana Pancakes



Makes 1 serve

1 small banana
1 egg
1 teaspoon cinnamon
1½ tablespoons wholemeal
or oat flour*
1 teaspoon olive oil

berries & yoghurt to serve

Mash banana in a bowl, then whisk in egg. Fold in flour and cinnamon until well combined with no lumps.

Heat a oil in a pan over medium heat, then add pancake mixture in tablespoonfuls. Cook for about 3 minutes (until starting to brown), then flip and cook about 2 minutes.

Serve with a handful of fresh berries and 1-2 tablespoons of plain yoghurt.

* You can make your own oat flour by blending plain oats in a food processor or blender until you have a fine powder.

LUNCH

SALADS

To help keep you full for longer, add a serve of good-quality, lean protein to your salad.

Some examples of a serve of protein are:

80g cooked chicken or

65g cooked lean red meat (about palm size)

100g cooked fish or 1 small can of tuna in spring water

2 eggs

1 cup cooked chickpeas or lentils

To save time you could make an extra portion when making the lemon chicken, salmon or falafel dinner recipes to use for lunch the next day.

Basic Salad

Makes 1 serve



1 cup baby spinach, rocket or mixed salad greens
½ cup cucumber, sliced and quartered
½ cup cherry tomatoes
½ medium avocado, diced
¼ cup red capsicum, diced
¼ red onion, thinly sliced
1 tablespoon olive oil
1 tablespoon lemon juice
pinch of salt

Place all vegetables in a bowl and toss lightly to combine. Mix together olive oil, lemon juice and salt and pour over salad. Serve with a portion of protein (see above) and ½ cup cooked brown rice or couscous.

Broccoli, Red Cabbage, Carrot and Rice Salad

Makes 1 serve

½ cup broccoli, in florets
½ cup red cabbage, thinly sliced
2 carrots, grated
¼ cup brown rice
1 teaspoon sunflower seeds
1 teaspoon pumpkin seeds
1 tablespoon almonds, chopped
1½ tablespoon plain yoghurt
½ teaspoon ground cumin
a pinch of salt
a pinch of ground pepper



Boil rice in about ½ cup of water for around 10 minutes, until rice is cooked. Drain and cool.

Place broccoli, cabbage and carrots in a bowl and lightly toss together. Add rice to bowl, then sprinkle over nuts and seeds.

Mix together yoghurt, cumin, salt and pepper, then drizzle over salad before serving.

Pumpkin, Beetroot and Goat's Cheese Salad



Makes 1 serve

1 cup spinach, washed and dried
1 small beetroot
¼ cup pumpkin
2 tablespoons pumpkin seeds*
1 tablespoon goat's cheese
1 tablespoon walnuts, chopped
1 teaspoon olive oil

Peel and cut pumpkin into cubes of around 2x2cm. Place on a roasting tray and coat with oil.

Scrub and trim ends of beetroot and wrap in foil. Roast the beetroot and pumpkin at 200°C for around 30 minutes, until soft.

Cut beetroot into cubes, place in bowl with other ingredients, and top with pumpkin seeds.

* Tip: save the seeds from the pumpkin: rinse clean, coat with a little oil and toast in the oven at 150°C for around 30 minutes, until lightly browned.

Pumpkin, Couscous and Chickpea Salad



Makes 1 serve

- ½ cup couscous
- ½ cup pumpkin
- ½ cup chickpeas, cooked
- ¼ red onion, finely chopped
- ¼ cup feta, cubed
- 1 tablespoon parsley, chopped
- juice and zest of ½ lemon
- 1 tablespoon olive oil
- a pinch of salt

Peel and cut pumpkin into small cubes. Place on a roasting tray and drizzle with 1 teaspoon oil. Cook in oven at 200°C for around 30 minutes, until soft.

Place couscous in a large bowl and cover with ½ cup boiling water. Leave to absorb, then fluff with a fork.

Add pumpkin, chickpeas, parsley, feta and onion to couscous and mix to combine.

Mix lemon juice, zest, olive oil and salt, and drizzle over salad.

Avocado and Eggs on Toast



Makes 1 serve

- 2 slices wholegrain, rye or spelt sourdough, toasted
- ½ medium avocado
- 2 eggs
- 1 tablespoon feta
- pepper, sumac or dukkah (optional)

Poach or boil eggs depending on what you prefer.

Mash the avocado and spread onto the toast.

Top each slice of toast with an egg, then crumble over the feta. You could also sprinkle over some ground pepper, sumac or dukkah to add some extra flavour.

Omelette

Makes 1 serve

2 eggs
¼ onion, finely chopped
¼ cup fresh basil or chives,
chopped
½ cup spinach
6 cherry tomatoes, halved
2 slices wholegrain, rye
or spelt sourdough
½ tablespoon olive oil
a pinch of salt
a pinch of ground pepper



Heat the oil in a frypan over medium heat. Add onions and tomatoes and fry until transparent.

Reduce heat and add herbs and spinach.

Whisk together eggs, salt and pepper and carefully pour into the pan, tilting to spread the mixture evenly.

Cook for about 2-3 minutes until golden brown underneath, flip, then cook for a further 1-2 minutes.

Slide onto a plate and serve with bread.

DINNER

Spicy Sweet Potato and Carrot Soup



Makes 2 serves

1 cup carrot, cubed
1 cup sweet potato, cubed
1 cup coconut milk
1½ cups water
1½ teaspoons cumin
1½ teaspoons red chilli,
deseeded and chopped
1 teaspoon coriander, chopped

1 tablespoon olive oil
½ teaspoon salt
2 tablespoons plain yoghurt
2 tablespoons sunflower/
pumpkin seeds
4 slices wholegrain, rye or spelt
sourdough, toasted

Arrange carrots and sweet potato on a roasting tray, drizzle with oil and roast at 200°C for about 40 minutes, until soft. Remove from oven and leave to cool slightly.

Add vegetables to a blender together with the remaining ingredients and blend until smooth. If you prefer a thinner soup, you can add extra water.

Pour soup into a saucepan and warm over a medium heat until piping hot.

Top each bowl with a tablespoon of yoghurt and a tablespoon of seeds, and serve with bread.

Falafel with Salad and Pita

Makes 2 serves

1 cup chickpeas, cooked*
½ cup fresh parsley
½ cup fresh coriander
1-2 garlic cloves, peeled
a pinch of salt
½ teaspoon baking powder

½ tablespoon ground pepper
½ tablespoon cumin
½ tablespoon ground coriander
2 tablespoons yoghurt cumin dressing (see broccoli salad)
2 wholemeal pita breads

Place the parsley and coriander in a food processor or blender and pulse to chop.

Drain chickpeas and add to blender together with garlic and spices. Blend until mixture is well combined. Transfer to a container, cover and refrigerate for at least 1 hour.

Mix baking powder into the falafel mixture, then form into small patties (about 2cm thick).

Line an oven tray with baking paper and evenly space falafels on the tray. Bake for around 20 minutes at 175°C until golden, turning once during cooking.

Serve falafel with yoghurt cumin dressing, warmed pita and a serving of salad (see basic salad recipe).

* You can use tinned chickpeas (these are already cooked) or dried chickpeas (these are normally cheaper, but take longer to prepare as you need to soak and cook them first).



Lemon and Rosemary Chicken with Vegetables



Makes 2 serves

2 skinless chicken breast fillets
1 lemon
¼ cup fresh rosemary
2 cups mixed root vegetables
eg. potato/sweet potato, carrot,
parsnip, fennel

½ red capsicum, deseeded and
roughly diced
1 red onion, roughly chopped
3-4 cloves garlic, peeled
2 tablespoons olive oil
pinch of salt

Mix the juice and zest of half the lemon together with rosemary in a bowl, then add chicken breast to marinate.

Cut vegetables into rough 3cm cubes and place in a bowl together with oil and salt, mix well to coat.

Arrange 4 slices of lemon in a large roasting dish and place chicken on top.

Add vegetables and garlic to the dish, then cook for 40-50 minutes at 180°C, until chicken is cooked through and vegetables are soft.

Tip: make extra serves of the chicken to use for lunch the next day.

Chicken and Vegetable Curry



Makes 2 serves

1 chicken breast, diced
 ½ cup pumpkin, diced
 ½ cup cauliflower, in florets
 ½ cup chickpeas, cooked
 ½ cup red capsicum, deseeded and diced
 1 medium tomato, roughly diced
 1 medium onion, finely diced
 ½ cup water
 ½ cup coconut milk

1-2 cloves garlic, crushed
 ½ red chilli, deseeded and sliced
 1cm ginger, grated
 1 teaspoon ground coriander
 ½ teaspoon garam masala
 ½ teaspoon turmeric
 1 teaspoon cumin
 salt to taste
 1 tablespoon olive oil
 ½ cup brown rice

Heat oil in a pan over low heat and fry onion, garlic, chilli, ginger and tomato for 2 minutes.

Add spices and fry for a further minute.

Add chicken, chickpeas and vegetables and fry for around 3 minutes.

Add water and coconut milk, bring to the boil, then reduce heat to simmer until vegetables are soft (around 30 minutes).

While curry is cooking, boil rice for around 10 minutes in about ½ cup of water until cooked. Drain rice and serve together with curry.

Veggie Bake

Makes 2 serves

1 large eggplant
1 small sweet potato
1 medium zucchini
1 cup spinach
1 onion, finely chopped
1 clove garlic, crushed
400g can peeled tomatoes
2 tablespoons tomato puree (optional)
1 teaspoon salt
2 tablespoons olive oil

200g plain yoghurt
2 egg yolks



1 tablespoon parmesan, grated
salt & pepper to taste

Using a mandolin slicer or a sharp knife, carefully cut eggplant, sweet potato and zucchini into thin slices (around ½cm thick). Lightly brush slices with half the oil and season with salt. Arrange on a baking tray and cook until soft – you may need to do several batches if they don't all fit on one tray.

Heat remaining oil in a pan over medium heat, fry onion and garlic until transparent. Add tomatoes and simmer until softened (mash them a little to help break them down). Add salt and pepper, then remove from heat and stir in spinach.

To assemble: in a baking dish, make a layer of each vegetable, then a layer of the tomato sauce. Repeat, finishing with a layer of eggplant on top. Whisk together egg yolks, yoghurt, cheese and salt and pepper. Spread mixture over the eggplant layer.

Bake for around 30-40 minutes at 180°C until topping is golden. Serve with a portion of chicken breast or salmon (see lunch section for ideas).

Sumac and Almond Salmon with Rosemary Chips

Makes 2 serves

2 salmon fillets (skin and bone free)
2 tablespoons raw almonds
200g potato or sweet potato
1 tablespoon olive oil
1 teaspoon sea salt
½ teaspoon ground pepper
2 teaspoons sumac*
fresh rosemary



Wash potatoes, then cut into wedges of roughly the same size. Place wedges in a bowl with the oil and ½ teaspoon salt and mix until well coated. Arrange on a baking tray, sprinkle with a few sprigs of rosemary and bake for around 20 minutes at 200°C, turning once during baking.

Place almonds, ½ teaspoon salt, pepper and sumac into a food processor or blender and pulse until almonds are finely chopped. Pat the salmon dry with a paper towel, then cover with the almond sumac mixture (you might need to press it on). Place salmon on an oven tray and bake at 200°C for around 10-15 minutes.

Serve with a portion of basic salad and cumin yoghurt dressing, or mix together 2 tablespoons plain yoghurt, 1 teaspoon chopped fresh chives (or capers also work well if you have them!), ¼ teaspoon salt, 1 teaspoon lemon juice, to make a quick sauce.

* Sumac can usually be found in ethnic foods stores if you can't find any in your supermarket.

Tip: make extra serves of the salmon to use for lunch the next day.

Stir Fry

Makes 2 serves

200g lean meat (eg. chicken,
lean beef, lamb, prawns)
1 small onion, diced
2cm ginger, grated
2 cloves garlic, crushed
1 red chilli, deseeded and sliced
2 tablespoons soy sauce
½ cup capsicum, deseeded and
diced
1 medium zucchini, sliced

½ head broccoli, in florets
½ head cauliflower, in florets
1 medium carrot, sliced
2 cups cabbage, thinly sliced
2 tablespoons fresh coriander
1 tablespoon olive oil
½ cup brown rice
2 tablespoons water
2 tablespoons cashews

Heat oil in a pan over medium heat, add onion, ginger, garlic and chilli and fry until onion is transparent.

Add meat and fry until browned.

Add vegetables, soy sauce and 1 tablespoon of chopped coriander. Fry until vegetables become tender.

While vegetables are cooking, boil rice in about ½ cup of water for around 10 minutes until cooked.

Drain rice and serve together with stir fry, topped with some chopped coriander and a spoonful of cashews.



SNACKS

Apple with cinnamon and peanut butter

Makes 1 serve

Core and slice 1 medium apple. Spread slices with 1 tablespoon peanut butter and sprinkle with 1 teaspoon cinnamon.

Hummus with veggie sticks

Makes around 1 cup hummus

½ cup cucumber, cut in sticks
1 small carrot, cut in sticks
1 cup chickpeas, cooked (reserve chickpea water)
1 tablespoon tahini (optional)
1-2 tablespoons lemon juice
3 tablespoons olive oil
1-2 cloves garlic
1 teaspoon salt

Place chickpeas, tahini, lemon juice, olive oil, garlic, salt plus 2-3 tablespoons of chickpea water into a food processor or blender, blend until smooth. Add extra water as needed if mixture is too thick. Refrigerate in a jar in for up to 5 days.

Serve 3 tablespoons of hummus with veggie sticks.

Crispbread

Makes about 10 large crispbreads

½ cup sunflower seeds
2 tablespoons pumpkin seeds
¼ cup flaxseeds
1 tablespoon sesame seeds
2 tablespoons psyllium husk
1 tablespoon almond meal
¼ teaspoon sea salt or Himalaya salt
¾ cup water

Mix dry ingredients together in a bowl, add water and leave to swell (about 2 minutes). Add more water if mixture is too thick. Cover a baking tray with paper and roll mixture out in a thin layer. Bake at 160°C for about 30 minutes (cooking time can vary, so check often). After 15 minutes, remove and score crackers before returning to cook until dry (crispbreads will harden once cool).



Boiled egg with crispbread and hummus

Makes 1 serve

- 1 egg
- 2 crispbread (recipe above)
- 2 tablespoons hummus (recipe above)

Bring water to boil in a small saucepan, carefully add egg (use a spoon) and boil for 9-10 minutes.

Remove egg and place in a bowl of cold water for a few minutes. Peel the egg and serve with crispbread spread with hummus.

Nuts, berries and yoghurt

Makes 1 serve

- 1 small handful of raw nuts (eg. almonds, walnuts, cashews)
- 1 small handful fresh berries
- ½ cup plain yoghurt

You can chop the nuts and add to the yoghurt along with the berries. Or if you'd prefer, you can eat the nuts separately, and just mix the berries into the yoghurt.



SNACKS

Bliss Balls

Makes 6 medium-sized balls (1 serve = 2 balls)

- ½ cup raw almonds
- ½ cup rolled oats
- ½ cup shredded coconut
- 1½ teaspoons maple syrup
- 1 tablespoon cocoa powder
- 1 tablespoon warm water



Blend all ingredients except water in a food processor or good blender until finely chopped and well combined.

Transfer to a bowl and add water until mixture is sticky enough to form balls, but not too sticky.

Roll into balls and store in an airtight container in the fridge for up to 7 days.

Chia Pudding



Makes 1 serve

- ½ cup coconut milk
- ¼ cup almond milk or water
- ¼ cup chia seeds
- 1 tablespoon shredded coconut
- 1 tablespoon fresh berries

Mix coconut milk, almond milk, water and chia seeds together in a cup or small jar. Refrigerate 30 minutes, stir to break up any clumps, then refrigerate a further 30 minutes.

To serve, decorate with berries and sprinkle with coconut.



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