

DITCH THE OVERWHELM

Your ultimate guide to simplifying the process
& getting the basics right.



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ABOUT RHI



Firstly, welcome to Balance Nutrition! Our goal is to provide a compassionate & supportive environment for our clients, whilst working together to **simplify good food & nutrition.**

I have been an Accredited Practising Dietitian for 4 years but my love of food has definitely been lifelong. Don't get me wrong, creating a **positive relationship with food** hasn't always been easy - I too have been caught up in some major nutrition nonsense! I have experienced the feeling **overwhelm** about what to eat, when to eat & how to do it, & I've spent years studying it!

I've therefore made it my mission to **clear up the confusion & simplify healthy eating.** Having a balanced diet & lifestyle doesn't need to be hard - listening to my clients (& utilising the latest scientific evidence), I've come up with my 'Get it Together' checklist to lay the **foundational habits you need to get your health on track.**



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HABITS

Research suggests that anywhere between 45% to 85% of everything we do is habitual. These autopilot decisions underpin our day to day, including how we interact with others, how we sleep & more importantly, how we eat.

Habits are formed when we make a small step repeatedly, without too much thought. Changing our routine to make a new habit can be tough - often we blame a lack of self-control, willpower or motivation when we don't see that change stick. Research from Dr Gina Cleo indicates it can take anywhere from 18 to 254 days to make a new habit, often way longer than most of us realise!

So how do we do it?

Healthy eating is underpinned by our day to day habits. If we can make small changes & implement these consistently - we should get the outcomes we're looking for. Focusing on doing something most of the time, rather than all the time, can help to prevent perfectionism. Doing something 100% of the time isn't always realistic - so adjust those expectations!





WHY THE CONFUSION?

Now more than ever, the world seems to be saturated with nutrition information. There's an endless supply of 'gurus', instagram infographics & quick fix diets, yet we're more confused than ever.

In my clinic, I often see clients hyperfocused on what to eat. Should you choose brown rice, or white rice for dinner tonight? In reality, this choice isn't a big deal - it's one component, of one meal, out of the approximately 21 you'll have this week.

Healthy eating reflects your overall eating pattern. So, what you do most of the time over a week or month, will matter more than any one part of any one meal. Establishing small, daily changes will help to contribute to your eating pattern, & over time these will become habits!



GET IT TOGETHER CHECKLIST

The daily basics

- PRIORITISE SLEEP! ESTABLISH CONSISTENT TIMES OF GOING TO BED & WAKING
- MOVE YOUR BODY IN A WAY YOU LOVE! E.G. WALKING, DANCING, YOGA, SWIMMING, STRETCHING, RIDING A HORSE, GOING TO THE GYM!
- FUEL YOUR BODY THROUGHOUT THE DAY WITH A VARIETY OF FOODS - AIM TO EAT EVERY 3-4 HOURS
- DRINK WATER! AIM FOR A MINIMUM OF 2L
- AIM FOR AT LEAST 1/2 A PLATE OF SALAD OR VEGETABLES AT LUNCH & DINNER
- SWITCH OFF THE SCREEN & PARTICIPATE IN ACTIVITIES THAT 'FILL YOUR CUP'. DRAW. COOK. READ A BOOK. LISTEN TO MUSIC. CALL A FRIEND. SPEND TIME WITH A PET. DINE WITH SOMEONE & TALK. TAKE A BATH.



RECIPES



LEMON & HERB GREEK CHICKEN SALAD



Chickpeas:

- 400g can chickpeas, drained
- 1 garlic clove, crushed
- 1 tbsp dried oregano
- 1 tbsp paprika
- 1 tbsp extra virgin olive oil
- Salt and pepper, to taste

Chicken:

- 8 chicken tenderloins (about 500g)
- 1 tbsp extra virgin olive oil
- 1 tbsp dried oregano
- Juice of a small lemon
- Salt, to taste

Salad:

- 1 large cucumber, halved and sliced
- 400g cherry tomatoes, halved
- 1 small red onion, sliced
- 16 Kalamata olives
- Lemon juice, to taste
- ½ tub Tzatziki

METHOD

1. Place chickpeas in a bowl with garlic, oregano, paprika, salt, pepper and a splash of olive oil, and mix to coat. Add chickpeas to the air fryer basket and cook for 6 mins on 200°C
2. Meanwhile, add chicken to a bowl with olive oil, oregano, lemon juice and salt, and mix well
3. Heat a small frypan over medium heat and spray with olive oil. Drain chicken from marinade and cook, turning, for 6 to 7 minutes or until golden and cooked through
4. Combine salad ingredients and divide across four plates. Top each with chickpeas, chicken, 4 olives and 2 tbsp tzatziki
5. Serve!

SESAME TOFU WITH ASIAN NOODLE SLAW



Sesame tofu:

- 600g medium or 500g firm tofu
- 1/3 cup cornstarch
- 1/3 cup aquafaba (liquid from canned chickpeas)
- 1/3 cup panko breadcrumbs
- ½ cup sesame seeds
- Salt and pepper to taste

Salad:

- 180g dried soba noodles
- Dash of sesame oil
- 1 packet Asian Salad Mix (Woolworths or Coles)

METHOD

1. Slice the tofu into large cubes (about 3cm)
2. Prepare three bowls to crumb the tofu - In the first, combine corn starch, salt & pepper. In the second, add the aquafaba. In the third, combine panko and sesame seeds
3. Press each piece of tofu into the cornstarch to lightly coat all sides. Next, coat in aquafaba, letting any excess drain off. Lastly, press the tofu into the panko & sesame mix. Press gently on all sides so it's well coated. Place on a plate and repeat until all tofu is coated
4. Arrange the tofu pieces in a single layer in the air fryer basket. You may need to work in batches if they don't all fit. Cook for 7 minutes at 200°C or until each piece is golden and crispy
5. Meanwhile, prepare the soba noodles as per packet instructions. Drain, toss through a few drops of sesame oil to prevent sticking, and allow to cool
6. Assemble your bowl! Toss together noodles & Asian slaw mix, and top with tofu. Dress with the Asian salad dressing and serve!

PORTUGUESE PORK WITH WEDGES & SLAW



Wedges:

- 400g potato, cut into wedges
- Sprinkle dried rosemary
- 1 tbsp extra virgin olive oil

Pork:

- 4 lean pork medallions (approx. 130g each)
- Masterfoods Portuguese seasoning, to taste

Slaw:

- 500g slaw mix
- 3 spring onions, sliced
- 1 green apple, cored and finely chopped
- ½ cup Greek yoghurt
- Dried or chopped fresh dill, to taste
- Lemon juice, to taste
- Salt, to taste

METHOD

1. Place wedges in a small bowl with rosemary and olive oil, mix to coat. Add to the air fryer basket and cook for 15-20 mins on 200°C, tossing occasionally until golden
2. Meanwhile, sprinkle Portuguese seasoning onto pork - the more seasoning used, the spicier it'll be
3. Heat a pan or BBQ over medium heat and spray with olive oil. Cook pork for 4 mins each side (8 mins total), or until golden and cooked through
4. In a small bowl, combine Greek yoghurt, spring onions, dill and lemon, and mix until well combined. Combine dressing, sliced apple and slaw mix in a bowl - Serve!