

Body20 on the hunt

for a

Healthier Easter!

BODYtwenty
A STRONGER, FITTER YOU
IN ONLY 20 MINUTES PER WEEK!

Easy to use
recipes and lifestyle
guidelines



MEET OUR

Nutrition Doctors

Easter is a time for family and appreciation. Body20's Nutrition Doctor's set out to put together an easy to use recipe booklet along with valuable lifestyle guidelines to avoid the pitfalls of unhealthy indulgence and guilt feelings. So you can still enjoy Easter without sacrificing your waistline.



Dr Tersia Muller

Qualified at the University of Pretoria and has a special interest in wellness and weight loss. She has obtained diplomas in nutrition, nutritional supplementation, sport nutrition, integrative medicine and is a qualified Healthy Lifestyle Consultant.

Dr Muller is one of the developers of a range of products that are aspartame free, preservative free and suitable for children from age 6 months.

“
Health is a multi factorial definition. To be healthy you must find a balance between proper nutrition, adequate exercise, stress control, optimal sleep, healthy relationships and positive thoughts/focus.
”



Dr. Lizette Robinson

She is a general practitioner with a special interest in wellness and anti-ageing. She has experience in various medical fields including general medicine, aesthetic medicine, weight loss, emergency medicine, travel medicine and health risk management.

Dr Robinson qualified at the University of Pretoria, where she also obtained an Honours Degree in Psychology.

She completed courses in the following:

- Management of ADHD
- Management of Hypothyroidism
- Functional Medicine: A systems approach to reversing the epidemic of chronic disease.

She is also involved in the Health 101 with Dischem initiative on Jacaranda FM.

“
I believe in a holistic approach to health – to focus on physical, mental and social well-being. Health does not merely imply the absence of disease; it involves feeling comfortable in your own skin.
”



Melissa Nel

Received her Dietetics degree from the University of Pretoria in 2013 as well as her Post Graduate Diploma in Sport Nutrition from the International Olympic Committee (IOC) in 2015, and is registered as a dietitian with the Health Professional Council (HPCSA).

She is very passionate about dietetics and healthy living and her interests in the field of dietetics are sport nutrition, allergies, paediatric nutrition, disease specific nutrition and general wellness. In addition, she is the chair lady for the Pretoria branch committee for the Association for Dietetics in South Africa (ADSA).

She is currently also completing her personal training certificate, as she believes exercise is an integral part of health and wellness.



Monique Bailey

Completed her Bachelor of Science degree in Dietetics from the University of North West, Potchefstroom. She is registered as a dietitian with the Health Professional Council has been working in Private Practice since 2005.

She is very passionate about healthy eating habits and the prevention of lifestyle diseases.

She has a special interest in diabetes, renal disease care, cardiovascular diseases, metabolic syndrome, insulin resistance, polycystic ovarian syndrome (PCOS) and gastrointestinal disorders. Monique aims to empower individuals with knowledge to achieve their goals and ensure long term management and prevention of diseases.

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EASY WAYS TO MAINTAIN YOUR

Healthy habits over Easter!

Article by: Lee Sutherland bodyandsoul.com.au

*Exactly how to keep your **health and fitness goals** on track during chocolate season, according to a **personal trainer**.*



With Easter just around the corner it's difficult to avoid the obligatory binge:

chocolate (anything), hot cross buns and, let's be honest, everything in sight... especially if your family starts to pressure you into having 'just one more' slice or serving. While it can take three seconds to consume a 200g Easter egg, it can take a three-hour run to counteract the sugar content. A hot cross bun slathered in butter isn't much better, sitting around the 350-calorie mark, and will take 40+ minutes of running to burn it off.

Not ideal, right?

So, let's get a grip this Easter with these healthy habits.

1 Portion Control

You will eat chocolate, that's a given... but just remember portion control. Ultimately, everything is fine in moderation.

Instead of eating large eggs at hourly intervals (which can be up to a third of your daily intake if you are trying to lose weight), buy individually wrapped mini eggs. The process of unwrapping each small egg is more time consuming and will make you more aware of the treats you are consuming. It's a simple trick, but it works - and you'll still get among the festivities.



2 Quality Control

Step away from the cheap foil-clad bunny and exchange it for some dark, good quality chocolate. Ideally something with at least 70 per cent dark cocoa which has the added bonus of antioxidants. The high levels of cocoa have also been shown to lower blood pressure.

If you want to take your health kick a step further over Easter, head to your local health food store and get yourself some Raw Organic Cocoa NIBS - these cocoa beans are straight from the source and is what all chocolate and cocoa products are produced from.

The nutritional benefits of raw cacao products include: being a source of beta-carotene, amino acids (protein), Omega-3 EFA's, calcium, zinc, iron, copper, sulphur, potassium, and one of the best food sources of muscle relaxing and also stress relieving magnesium. Other good news is that it is only 92 calories and 0.54 grams of sugar per 15 grams serving!

You can also add raw nibs to your cooking (use instead of chocolate chips), add to your smoothies or grind with your coffee beans.



3 Feast

On breakfast that is! Make sure you start the day right with a protein-rich breakfast and filling fibre so you aren't reaching for a chocolate an hour later. Never eat Easter eggs on an empty stomach as this will cause havoc on your blood sugar levels for the rest of the day.

Think veggie and protein-packed omelettes or a protein shake with berries, chai seeds and a handful of spinach leaves to get your day off to a nutritious start.

4 Think Outside the Box



Rethink the basket of eggs and swap it for a basket of beautiful local fruit.

How about a pot of herbs for a gift that keeps giving? Get in the kitchen and whip up some homemade treats.

5 Snack Regularly

Snack on something small and healthy every 3-4 hours you will help balance your blood sugar levels, which in turn will help avoid that nasty energy drop.

Foods that cause a spike in blood sugar are generally sugar and refined carbohydrates (aka chocolate and hot cross buns). They cause the body to produce insulin, which makes you crave food constantly, leading to weight gain and a variety of health conditions including diabetes.

The key to a balanced snack is to always include the 3 macronutrients (protein, carbohydrates and good fats).

Options include:

- Natural yogurt with berries and walnuts. Add a scoop of protein powder for an extra power punch.
- Hummus with vegetable sticks.
- A homemade meat Pattie with a small side salad.
- An apple with a teaspoon of almond butter and a drizzle of honey.
- Bowl of vegetable and barley soup.
- Shaved turkey, sliver of avocado wrapped in lettuce.
- Banana smoothie with milk/nut milk, LSA (linseed, sunflower and almond mix), scoop of protein powder, cinnamon and ice.



6 Plan Ahead

Make sure you stock the fridge so there are always healthy options on hand, have pre-made delicious options ready to go, and don't space meals too far apart.

7 Hydrate

Need another reason to drink water? Research has shown that by increasing water consumption by 1.5 litres a day, you can burn an extra 17,400 calories per year.

Additionally, a study by Dr Brenda Davy, an associate professor at Virginia Tech, found that people who drank water before a meal consumed an average of 75 fewer calories at that meal.



8 Burn Off A Bunny

To counterbalance the extra calorie intake over Easter it is important to exercise every day, whether it be a beach walk, sprint session, bike ride with the family, a game of cricket or a home workout – *just move that body!*

You don't have to waste hours of your day either – chose intense interval training which will burn more in a shorter time frame – perfect! Want to burn off a small 50g bunny (approx. 275 calories)?

- Power walk with the dog for 85 minutes
- **Dance up a storm for 56 minutes**
- Swim freestyle for 36 minutes
- Jump on the cross-trainer for 33 minutes
- Clean the house intensely for 70 minutes.

A medium 25g egg:

- 30 minutes brisk walk
- 15 minutes jogging/skipping/boxing

A large 100g egg:

- 2-hour brisk walking
- 1 hour run/skipping/boxing
- 20 Minute Body20 workout



Recipe One

Ingredients

- 🔪 2 fresh pineapples, peeled and diced
- 🔪 ½ pint blackberries, halved
- 🔪 170g. blackberries and raspberries
- 🔪 2.2kg strawberries, hulled and sliced
- 🔪 1 kiwi, peeled and sliced lengthwise



Arrange pineapple in the shape of a bunny head on a large, flat serving platter. Arrange 6 blackberry halves down the middle of each ear. Use 2 kiwi slices for the eyes and 1 strawberry slice for the nose. Cut a slice of kiwi into quarters and place 2 pieces right below the nose for the front teeth. Cut the remaining kiwi into thin strips and arrange on each side of the nose for whiskers. Use the remaining blackberries to form a bow tie under the chin. Fill the rest of the platter with the remaining strawberries.

Recipe Two

Chive & Goat Cheese Soufflés

From: EatingWell Magazine, March/April 2016

This light, airy individual cheese soufflé recipe is dramatically puffed when it comes out of the oven. Serve for a healthy brunch or lunch with a spring salad of watercress, baby arugula and tender greens tossed with lemon-chive vinaigrette.



Ingredients

- 🥄 ½ cup packed grated Parmesan cheese, divided
- 🥄 1/3 cup minced fresh chives, divided
- 🥄 2 tablespoons butter
- 🥄 2½ tablespoons all-purpose flour
- 🥄 1 cup reduced-fat milk
- 🥄 ¼ teaspoon ground pepper
- 🥄 ⅛ teaspoon salt
- 🥄 60g soft goat cheese, at room temperature, crumbled
- 🥄 4 large eggs, separated
- 🥄 ½ teaspoon lemon zest

Nutritional Information

- **Serving size:** 1 soufflé
- **Per serving:** 252 calories; 18g fat (10 g sat); 0g fibre; 9g carbohydrates; 14g protein; 48 mcg folate; 221 mg cholesterol; 3g sugars; 0g added sugars; 982 IU vitamin A; 3 mg vitamin C; 213 mg calcium; 2 mg iron; 419 mg sodium; 197mg potassium
- **Nutrition Bonus:** Calcium (21% daily value), Vitamin A (20% dv)
- **Carbohydrate Servings:** ½
- **Exchanges:** ½ low-fat milk, ½ lean meat, 1½ medium-fat meat, 1 fat

Preparation

- 1 Preheat oven to 190°. Coat the bottom and sides of four 10-ounce ramekins with cooking spray. Sprinkle the bottom of each with 1 teaspoon Parmesan and ½ teaspoon chives. Place on a rimmed baking sheet.
 - 2 Melt butter in a medium saucepan over medium heat. Stir in flour and cook for 30 seconds. Whisk in milk, pepper and salt; cook, whisking, until thickened, 2 to 5 minutes. Remove from heat and whisk in goat cheese and the remaining Parmesan and chives. Whisk in egg yolks, one at a time. Stir in zest.
 - 3 Beat egg whites in a large bowl with an electric mixer just until stiff peaks begin to form (see Tip); do not overbeat. Gently fold about one-third of beaten whites into the egg yolk mixture to lighten it; then gently fold in the remaining egg whites until just incorporated. Divide the mixture among the prepared ramekins.
 - 4 Bake until the soufflés have risen, are browned in spots and do not appear wet or moist, 20 to 24 minutes. Serve immediately.
- **Equipment:** Four 280g ramekins
 - **Soft peaks** are egg whites that are beaten until thickening but still soft enough to curl when beaters are turned upside down. For **stiff peaks**, keep beating just until the whites are stiff and upright.
 - **Cut Down on Dishes:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless clean-up and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.



Recipe Three

Homemade Reeses's Peanut Butter Eggs

Ingredients

- 🥄 1/4 cup peanut butter or allergy-friendly sub (pb)
- 🥄 optional dash salt - I add it and also use peanut butter with salt
- 🥄 1/4 cup powdered sugar or Sugar-Free Powdered Sugar (Xylitol)
- 🥄 2 tbsp cocoa powder
- 🥄 2 tbsp virgin coconut oil (for substitutions, see note below)
- 🥄 Liquid stevia to taste, or 2 tbsp pure maple syrup, honey, or agave
- 🥄 2 additional tbsp powdered sugar, if needed

Instructions

Mix the first three ingredients together in a bowl until it becomes a crumbly dough. (If your nut butter is from the fridge, let it sit awhile—or microwave it—so it's easier to mix. Also, I put the dough into a plastic bag to shape into a ball with less mess.) Add the extra 2 tbsp sugar/sf sugar if it's too gooey, and add a little more pb if it's too dry, as different brands of peanut butter will yield different results.

Taste the dough and add a little more salt if desired. Form dough into flat little ovals (or egg shapes, but real Reese's eggs are flat). Freeze the dough for an hour or so, until it's hard. Meanwhile, mix the cocoa and coconut oil (melt the oil if it's not already melted) in a shallow dish. Add the agave/maple or stevia drops. If you use the stevia option, also add a scant 2 tbsp. water or extra oil. Mix until it looks like chocolate sauce, and then take one "egg" out of the freezer at a time (so the rest stay cold) and cover



Nutritional Information

Per Chocolate Peanut Butter Egg:

- ◆ **Calories:** 55
- ◆ **Fat:** 4g
- ◆ **Carbs:** 4g
- ◆ **Cholesterol:** 0mg
- ◆ **Fiber:** .5g
- ◆ **Protein:** 2g
- ◆ **Sugar:** 0g

in chocolate. (I used a corn-cob skewer. No idea why I even have those, but they worked really well! A fork would also be fine.) Immediately return covered egg to the freezer and let harden. Best to store these in the freezer as well. You can thaw a little before eating, or eat when frozen—either way, they're awesome!

***Substitution Notes:**

* If you don't have virgin coconut oil, or if you want "eggs" that don't need to be stored in the freezer, you can melt chocolate chips and dip the pb eggs in that instead. As mentioned above, you could also opt to simply freeze a blob of nut butter until it's shape able, shape it into eggs, and dip in chocolate. Or, if you have egg-shaped moulds, just pour in a little chocolate, then the pb, then more chocolate. Freeze.



On the hunt for a healthier Easter?

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