



Eat for Happy Hormones

10 SIMPLE HEALTHY RECIPES





Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome



...to my Eat for Happy Hormones Recipe Book

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "When the student is ready, the teacher will appear."

And you are ready! That's why you are reading this!



Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that good nutrition has to offer – enjoy!

Get in touch



Anita's Wellness

visit **www.anitaswellness.co.uk**

email **info@anitaswellness.co.uk**



<https://www.instagram.com/anitaswellness>



<https://m.facebook.com/AEfitnesspt>

Drinks

Strawberry, almond & chia smoothie



200ml unsweetened almond milk
60g frozen banana
150g fresh strawberries, hulled
25g vanilla flavour protein powder
15 almonds
2 tps chia seeds

SERVES 1

PER SERVING:

383 Calories **35g** Carbs

27g Protein **15g** Fat

Place all of the ingredients in a blender and blend well until creamy.

For a thicker smoothie, allow to stand for 5 minutes before serving. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL



Kiwi greens smoothie

200ml unsweetened almond milk
60g frozen banana
2 kiwis, peeled
25g vanilla flavour protein powder
a small handful of fresh spinach
leaves
a small handful of sweet gem or
iceberg lettuce leaves

SERVES 1

PER SERVING:

301 Calories **40g** Carbs

24g Protein **5g** Fat

Place all of the ingredients in a blender and blend well until creamy. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Snacks

Cherry bakewell bars

MAKES 8 BARS

PER BAR:

191 Calories **14g** Carbs

9g Protein **11g** Fat

100g oats (use gluten free if preferred)
25g ground almonds
30g vanilla flavour whey or plant-based protein powder
10g desiccated coconut
30g almond butter
3 tbsps unsweetened almond milk
1 tbsp maple syrup
1 tsp almond extract
35g dried cherries

Line the base of a medium-sized loaf tin with baking paper.

Place the oats, ground almonds and protein powder into a food processor or high speed blender. Blend well until finely ground.

Stir in the coconut, almond butter, almond milk, maple syrup and almond extract. Add more milk if required, until the consistency of a sticky paste is achieved.

Stir in the dried cherries.

Transfer to the loaf tin and press down firmly, covering the base. Freeze for 30 minutes or until firm enough to slice. Cut into 8 bars.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.



SCAN TO MYFITNESSPAL

Dreamy chocolate protein mousse



for the mousse:

60g ripe banana, mashed well
200g Greek yoghurt (use dairy free if preferred)

40ml tinned unsweetened coconut milk

30g chocolate or vanilla flavour protein powder

2 heaped tsps cocoa powder

for the topping:

½ tsp dark chocolate (minimum 70% cocoa), finely grated

30g fresh blueberries, raspberries or strawberries

SERVES 2

PER SERVING:

246 Calories **18g** Carbs

21g Protein **10g** Fat

Place the mousse ingredients in a large bowl. Mix well using an electric hand blender, until smooth and creamy.

Refrigerate for 1 hour or more.

Serve topped with dark chocolate and fresh berries.

Cover any leftovers and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Breakfast

Berry banana smoothie bowl



100g frozen berries
½ a small frozen banana
30ml unsweetened almond milk
25g vanilla flavour protein powder
a handful of fresh spinach leaves

for the toppings:

1 tbsp flaked almonds
1 tbsp sunflower, pumpkin or chia seeds

SERVES 1

PER SERVING:

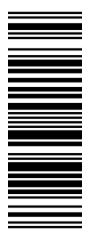
330 Calories **34g** Carbs

26g Protein **10g** Fat

Place the ingredients in a blender and blend well until smooth. Transfer to a serving bowl.

Add the toppings and serve.

Consume immediately.



SCAN TO MYFITNESSPAL



Easy English breakfast

SERVES 2

PER SERVING:

409 Calories **3g** Carbs

25g Protein **33g** Fat

*2 x good quality pork sausages
(approximately 65g each)*

60g vine-ripened tomatoes

1 tbsp ghee or avocado oil

120g unsmoked bacon rashers

100g button or closed-cup

mushrooms, cut into quarters

2 eggs

Preheat oven to 200° C/400° F. Place the sausages onto a foil-lined oven tray. Bake for 15 minutes, turning after 10 minutes of cooking time.

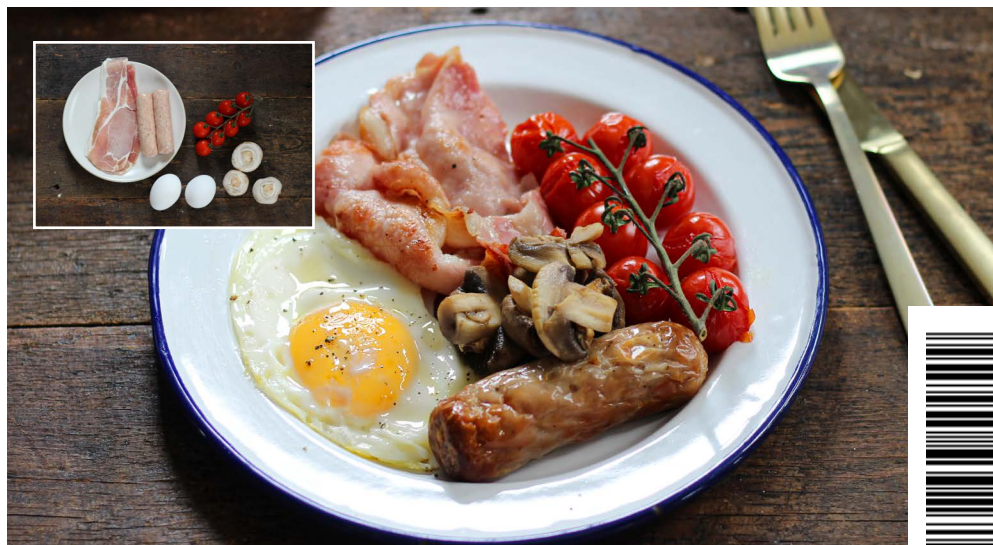
Add the tomatoes to the oven tray and bake for 15 minutes, or until the tomatoes are slightly soft. Turn the oven down to a low setting to keep the sausages and tomatoes warm.

Meanwhile, heat 1 tsp ghee/oil in a saucepan. Add the mushrooms, cover and cook over a medium heat for 5 minutes, or until cooked to your liking.

Heat 1 tsp ghee/oil in a frying pan over a medium flame. Add the bacon and fry for 3 minutes on each side, or until cooked to your liking. Transfer the bacon to the oven to keep warm.

Heat the remaining ghee/oil in the frying pan and place over a medium/high heat. Crack the eggs into the pan. Cover with a lid and fry for 3-4 minutes, or until cooked to your liking. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Lunch

Chicken & blue cheese salad



1 romaine lettuce, chopped
200g cooked chicken breast, shredded
a handful of cherry tomatoes, halved
60g avocado, sliced
50g tinned sweetcorn, drained

for the dressing:

60g Greek yoghurt (use dairy free if preferred)
30g blue cheese, crumbled (use dairy free if preferred)
½ tsp apple cider vinegar
1 tbsp lemon juice
1 tbsp cold water
a small pinch of sea salt and ground black pepper
2 tps fresh chives, finely chopped (optional)

SERVES 2

PER SKEWER:

382 Calories **16g** Carbs

39g Protein **18g** Fat

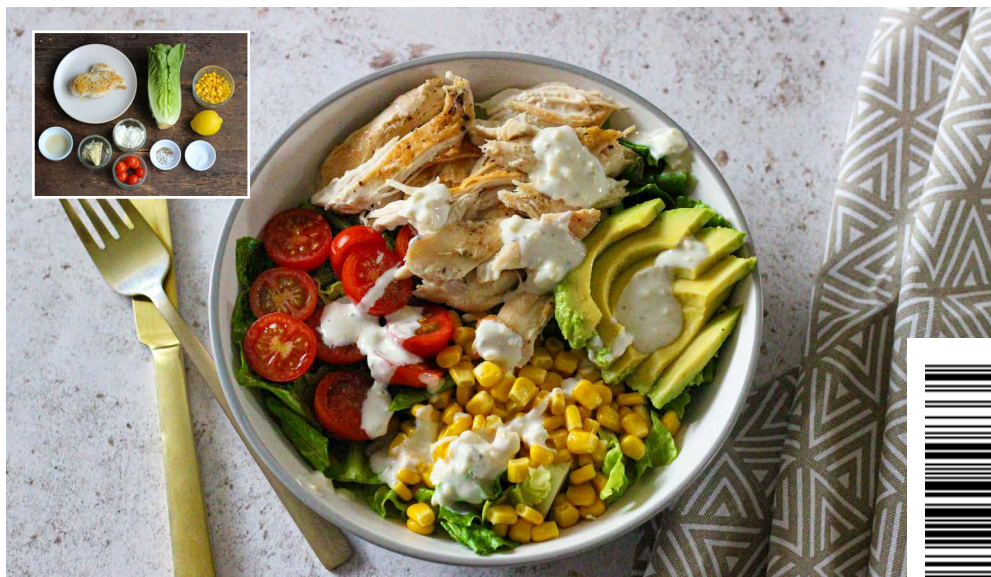
Place all of the dressing ingredients in a small bowl and stir well.

Use a fork to mash the blue cheese into the mixture. Add more water until you achieve the desired consistency. Taste and add more seasoning if required.

Arrange the lettuce, chicken, tomatoes, avocado and sweetcorn between two serving bowls.

Top with the dressing. Serve.

Store any leftover salad and dressing in separate airtight containers and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Tomato & olive sea bass



SERVES 2

PER SERVING:

230 Calories **5g** Carbs

30g Protein **10g** Fat

2 tps olive oil
a small pinch of sea salt
a small pinch of ground black pepper
2 garlic cloves, minced
½ tsp cayenne pepper
2 tps dried chives
300g sea bass fillets, skin removed
100g cherry tomatoes
50g black or green pitted olives
1 tbsp fresh parsley, finely chopped
1 tbsp fresh basil leaves, chopped

Preheat oven to 180° C/350° F. Prepare an ovenproof dish.

Place the oil, salt, pepper, garlic, cayenne pepper and dried chives in a bowl and mix well.

Arrange the sea bass, tomatoes and olives in the dish. Drizzle the marinade over the top.

Cover with foil and bake for 20 minutes.

Serve garnished with the fresh herbs.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Dinner



Beef noodle stir fry

80g dried egg noodles (or use gluten free noodles if preferred)

220g ribeye steak, sliced

1 tsp coconut oil

50g red bell-pepper, diced

10g fresh ginger, finely chopped

3 spring onions, sliced

2 garlic cloves, finely chopped

150g mixed stir fry vegetables

for the marinade:

1 tbsp soy sauce or tamari

1 tsp sesame oil or coconut oil

2 tsp cornflour

1 tsp honey

for the sauce:

1 tbsp oyster or fish sauce

2 tbsp soy sauce or tamari

1 tsp honey

2 tbsp rice wine vinegar

SERVES 2

PER SERVING:

637 Calories **60g** Carbs

34g Protein **29g** Fat

Soak the egg noodles in recently boiled water for 10 minutes. Drain and set aside.

Meanwhile, place the marinade ingredients in a large bowl and stir well. Add the steak and stir well to coat. Leave to marinate for 10 minutes.

Place the sauce ingredients in a small bowl and stir well. Set aside.

Heat the coconut oil in a wok or frying pan over a medium flame. Add the bell-pepper and stir fry for 3 minutes.

Add the ginger, spring onions and garlic and stir fry 30 seconds

Add the marinated steak and stir fry for 5 minutes, or until sealed on all sides.

Add the noodle sauce and mixed vegetables. Stir fry for 3 minutes.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Creamy pesto chicken

1 tbsp olive oil
 15g unsalted butter
 4 x 150g chicken breasts
 150g white onion, finely chopped
 4 garlic cloves, minced
 2 red bell-peppers, sliced
 1 tsp dried thyme
 1 tsp dried sage
 ½ tsp crushed red pepper flakes
 1 tsp sea salt
 1 tsp ground black pepper
 200ml chicken stock
 50g green pesto
 40g sun-dried tomatoes, drained
 140ml crème fraîche (use dairy free if preferred)
 a few fresh basil leaves, to garnish

SERVES 4

PER SERVING:

429 Calories **12g** Carbs

39g Protein **25g** Fat

Heat the oil and butter in a large saucepan or skillet over a medium flame. Add the chicken and season with a little salt and pepper. Cook for 8-10 minutes, or until fully cooked and browned on both sides. Transfer to a plate.

Place the onion in the saucepan and fry for 4 minutes, stirring occasionally.

Add the bell-pepper and garlic. Fry for 3 minutes, stirring occasionally.

Add the spices, stir well and cook for 1 minute.

Add the stock, stir well and bring to a simmer. Cook for 5 minutes.

Stir in the pesto, sun-dried tomatoes and crème fraîche.

Add the cooked chicken and juices. Simmer over a low heat for 4 minutes, or until the chicken is heated through. Garnish with fresh basil leaves.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

