

VIRTUAL MVMT CHALLENGE

BODY 2022



LIVNUTRITIOUS

Recipe Collection

THE **MOVEMENT** SOCIETY



Introducing Liv

There is usually a series of events in our lives that lead us to that very place we are meant to be. The path that gets us there is rarely easy, but everyone has a story.

Myself included.

As a teen, my passion was to become a ballet dancer. A grueling training regime alongside a demand for 'that dancer's physique' saw my body begging for nutrition, yearning for energy. My body was certainly not sustained and my mind chaotically consumed with uncertain and negative thoughts about food.

Years later I entered my career in fashion, yet another industry driven by body image further fueling my cynical relationship with food, this became a perilous and unsustainable one.

Nine years ago, my beautiful Mum and Dad both got their angel wings. Grief is as heart aching as it is humbling, and it brings with it a darkness that makes us take cherish our precious time here. It is often in certain darkness that we begin to truly see ourselves. What I have taken from this is enlightened respect and appreciation for the body that we have and how we can better nurture and appreciate her and all that she does for us.

Earning my Bachelor of Science in Nutrition and Dietetics, my true heart-led mission is helping others achieve an ongoing healthy and sustainable relationship with food that is the premise of a fulfilling and well-rounded lifestyle.

I wanted to share a bit of my story with you because I understand the vulnerabilities that can come with the desire to make a change to our health.

My approach is personal and based first and foremost on judgment-free understanding. I take a scientific and holistic approach that harnesses the combined power of nutrition, smart eating strategies and exercise. We will work together to create the changes you desire, to fill you with knowledge and build a radiant relationship with food to guide you to health and wellness.

I am so glad you are here.

BREAKFAST BAKED GOODNESS

Banana Baked Oatmeal

SERVES 4

2 tbsp. flaxseed or almond meal
1/2. cup water
1/2 cup mashed banana
2 tbsp. maple syrup
2 tbsp. melted coconut oil
1/2 tsp sea salt
1/2 tsp ground cinnamon
2 cups of coconut or nut milk
2.5 cups of wholegrain rolled oats
1/4. cup roughly chopped mixed nuts, I use pecans or walnuts
3 tbsp. nut butter of choice

Preheat oven to 180 degrees, grease baking dish with oil or line with baking paper.

Add all ingredients to bowl and mix until well combined.

Transfer to baking dish and top with additional banana slices and nuts and a little more nut butter and maple syrup if you wish.

Bake for 30-35 minutes until golden and edges are lightly caramelized.

Serve with additional toppings and a dash of warm or cold nut milk.

Leftovers keep for 3-4 days.

ABOUT BANANA'S

Overall, bananas contain many essential nutrients and may benefit digestion, overall gut health and healthy weight management. Here's a quick look

Bananas are rich in soluble fiber and resistant starch which together, moderate blood glucose to help with appetite satisfaction and when eaten regularly can improve insulin sensitivity. This helps your body to use glucose more effectively, which is the key to healthy long term weight management. Resistance starch is also a prebiotic. Prebiotics are food to feed and thrive healthy gut bacteria. What's more, pectin, also a fibre, is found in both ripe and unripe bananas which supports healthy stool function.

Also rich in antioxidant bananas are the perfect eco-friendly pre-packaged snack to charge you through your day.

Creamy Avocado Cacao Smoothie

SERVES 1

1 cup almond milk
1/2 large avocado, ripe,
with no black spots
4-6 soft pitted dates
or 2 tablespoons of maple syrup
or coconut sugar
2 1/2 tablespoons unsweetened
cacao powder
1 cup ice cubes
1 teaspoon vanilla extract
1 small banana, sliced

In a blender, add all the ingredients together, starting with 4 dates. Adjust the amount in the next step if not sweet enough.

Blend at high speed until frothy and thick. Taste and adjust the number of dates, adding up to 2 Medjool dates to boost the sweetness.

Serve and drink immediately.

ADD ON IDEAS, TO BOOST YOUR SMOOTHIE!

1 tablespoon nut butter
1-2 teaspoons Imbibe Miracle Collagen
1 scoop Vegan Protein powder

ABOUT CACAO

Ok, so much to know... so here's my favourite tips about this deliciously powerful food. Raw Organic Cacao has over 40 times the antioxidants of blueberries. Yep seriously 40 times! It's a beauty and whole health essential.

Now if you are vegan, this is for you. Cacao is the highest plant-based source of iron known to man, at a whopping 7.3mg per 100g however please note that iron in cacao is non-heme (less absorbable), so to reap the benefits you'll need to combine it with some vitamin C. Lastly, it's a major mood booster. Cacao is a great source of four scientifically proven bliss chemicals - serotonin, tryptophan, tyrosine and phenylethylamine. These neurotransmitters are associated with warming uplifting feelings of content wellbeing, happiness. It's a good mood food.

EASY VEGAN DINNER

Tempeh San Choy Bau

SERVES 2

1 packet of tempeh grated

2 garlic cloves crushed

1 leek thinly sliced

1 Small red onion

1/2 cabbage shredded

400g mixed mushrooms chopped

1.5 tablespoon olive oil

1 iceberg lettuce

2 tablespoon Tamari

2 teaspoon sesame oil

Sesame seeds, to sprinkle

Sauté garlic, leek, onion, cabbage, mushrooms and tempeh, in olive oil, in fry pan for 5 mins.

Season with salt and pepper.

Spoon into washed lettuce cups to serve.

ABOUT TEMPEH

There are so many processed vegan 'meats' available. Please please do not buy these ever! Stick to the beans and tempeh basics, these being unprocessed thus being umpteen times better for your overall health.

On the reverse of this, keep in mind Tempeh is a phytoestrogen, phytoestrogens bind weakly to oestrogen receptors to produce an anti-oestrogenic affect, making this phytonutrient notably beneficial for women with hormones irregularities.

Tempeh is also incredible nutrient dense and is particularly high in protein (31g / 1/2 cup of tempeh), this can be one of your appetite's best friends. Tempeh is also rich in prebiotic fibre which feeds probiotics for thriving healthy gut bacteria.

TREATS!

Best Ever PB Brownie Bites

MAKES ROUGHLY 20

BROWNIE LAYER

1 cup raw walnuts
1/2 cup raw almonds
1 cup pitted or mejool dates
1/4 cup cacao nibs or dark chocolate
1/2 heaping cup unsweetened cocoa or raw cacao powder
1 pinch sea salt

To make the brownie layer, pulse dates in your food processor or powerful blender until small bits remain. Remove from the processor and set aside in a small bowl. Add walnuts, almonds, chocolate/ cacao nibs and cocoa powder in the processor and pulse until well combined. Then, while the processor is running, drop small bits of the dates in until a dough is formed. It should begin to ball up at some point. If it remains too dry, add a couple more whole (pitted) dates until a dough is achieved.

PEANUT BUTTER LAYER

1/2 cup pitted dates
1/2 cup raw almonds
1 cup roasted salted peanuts (if unsalted, add salt to taste)
1/2 cup natural peanut butter

Press into an 8x8 pan (or one of similar size // adjust if altering batch size) lined with baking paper or plastic wrap. This makes it easier to lift out and cut. Press until flat using your hands or a spatula. Pop in the freezer.

To make the peanut butter layer, process dates until small bits remain. Remove and set aside in a bowl. Then add raw almonds and peanuts and pulse until small bits remain. Add back in peanut butter and the dates and process until well combined. Press on top of the brownie layer until smooth. Using plastic wrap or parchment can help get it completely flat.

Freeze for at least 15 minutes before removing from the pan and cutting. Cut into 3 x 3cm squares. Can be stored in the freezer for about a month.

ABOUT PEANUT BUTTER

Admit it - there's nothing that a spoonful of peanut butter cannot fix. Peanut butter actually supplies all 3 macronutrients in 1 serving - carbohydrates, protein and fat. Despite the fear of peanut butter for its fat content by many it is important to know that fats are not always bad and it's never just about the calories.

PB contains fabulous fats of the poly and monounsaturated which will only benefit your whole health from appetite, mood to hormones and so much more. Peanut butter also a wildly nutritious profile of vitamin E, vitamin B3, vitamin B6, folate, magnesium, copper and manganese. It also contains vitamin B5, iron, potassium, zinc and selenium in small amounts. All this really does make it the ultimate feel great food.

FOR THE PASTA LOVERS

Best Ever Fish Pasta

SERVES 3-4

1 packet of brown rice pasta or buckwheat pasta (read all about buckwheat below!)

1/3 cup olive oil

1/2 cup capers, rinsed and dried

180g canned anchovy, mackerel or tuna fillets

8 cloves garlic, thinly sliced

1/2 teaspoon red pepper flakes

1/4 cup pitted Kalamata olives, halved

Juice of 1 lemon

1/2 cup chopped Italian parsley

Cook pasta as directed on the package until al dente, 7 to 8 minutes.

In a pan over high heat, heat oil. Cook capers, stirring, until crispy, 2 minutes.

Remove capers, transfer to a plate, reserving oil.

In a large pan over medium-low heat, heat reserved oil. Add anchovies, garlic and pepper flakes. Cook, stirring, until anchovies dissolve and garlic begins to brown, 3 to 4 minutes.

Add tuna and olives; stir to break up tuna. Add lemon juice; cook, stirring, until tuna is warmed through and starting to brown, 2 to 3 minutes.

Divide pasta among 4 bowls; divide tuna mixture, capers and parsley evenly over pasta.

ABOUT BUCKWHEAT

Though it is usually thought of as a grain, buckwheat is actually the seed of a broadleaf plant related to rhubarb. While it is not a true grain, it is used like one in cooking, and definitely surpasses rice, wheat and corn on almost every measure of healthfulness. The specific characteristics of buckwheat proteins, and the profile of its amino acids, make buckwheat the unsurpassed cholesterol-lowering food studied to date and dynamically rich in protein for a plant-based option.

Buckwheat contains more vitamins and minerals than other true grains especially zinc, copper and manganese. It also has a healthier resistance starch soluble fibre profile which enhances colon health and reduces blood sugar levels. If you haven't tried buckwheat as grain or as a pasta in this case, now is the time!

LIGHT SUMMER DINNER

Salmon Quinoa Naked Burger

SERVES 4

1/3 cup quinoa rinsed
(can buy precooked for ease)

2 x 180g salmon fillets,
without skin and bones

1/3 cup almond meal

2 spring onions

1 egg lightly beaten

1 teaspoon fennel seeds, crushed

1 garlic clove, crushed

1.5 tablespoon dill, finely chopped

1.2 teaspoon dried chili flakes

1 tablespoon coconut oi

Lemon wedges to serve

Rocket and diced cucumber to serve

Cook quinoa, set aside to cool if required

Place salmon, almond meal, spring onion, egg, fennel seeds, garlic, dill, chilli flakes in a food processor and blend until smooth. Transfer to bowl and fold through quinoa. Season well with salt and pepper.

Melt coconut oil in a pan on medium heat. Using a damp hand, shape the mixture into 12 patties. Add to the pan and cook for 3-4 mins each side or until golden.

Place rocket and cucumber on a plate, place 3-4 cakes on top, drizzle with a little natural Greek dairy or coconut yoghurt, lemon juice and olive oil.

ABOUT SALMON

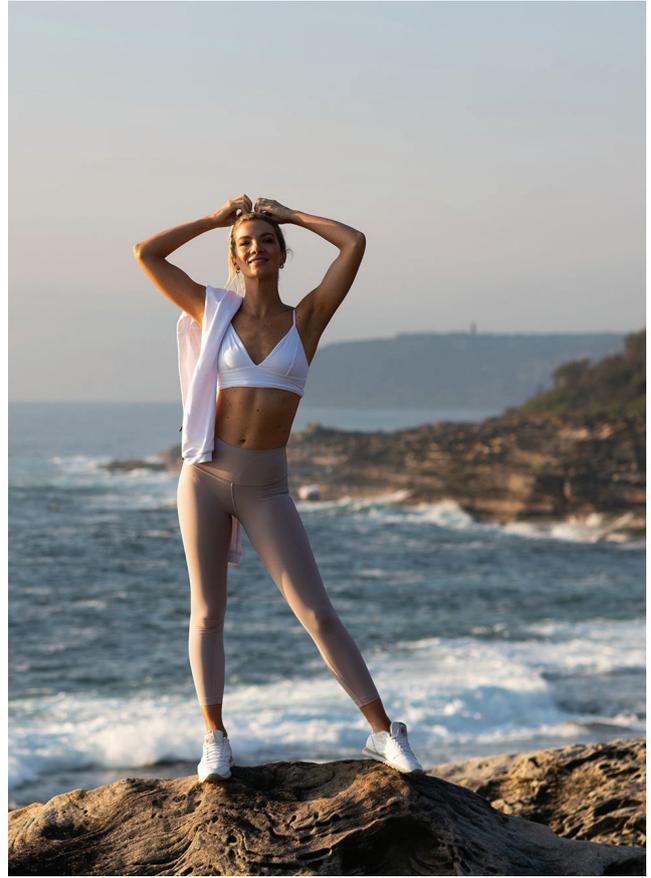
Salmon is your most potent source of omega 3 however it's important to know that not all salmon is the same. Here's a quick guide.

- *Wild caught is best for omega 3 content and is also lower in PCBs's and mercury. This goes for fresh, smoked and tinned.*
- *All Alaskan salmon is wild caught and totally sustainable.*
- *The pristine waters of Milford Sound NZ produce salmon that is low in contaminants and readily available in Australia.*
- *Just 2 x high quality wild caught salmon (120g steak) / week is all you need to reach your recommended daily intake of 250-500g/day. This shows when it comes to price, it's best to purchase the premium quality at a smaller quantity.*

I challenge a nutrient to have more benefits for your overall health than Omega 3.

Without writing an extensive novel, here are just a few of the general but crucial life-giving benefits.

Fertility, pregnancy and breast feeding: Essential for babies' brain and development. And for the fellas, EPA DHA is an essential component of sperm.



Want more?

I offer consultations from anywhere in the world.

My approach is personal and based first and foremost on judgment-free understanding whilst taking a scientific and holistic approach.

I love to see how you nourish your body, please tag me on instagram @livnutritious!

Contact

Olivia Crumpton
Nutrition & Dietetic Clinician BHSc(Nut D Med)

13 Francis Street, Fairlight, Manly. Northern Beaches

Phone: 0431 711 443
Email: liv@livnutritious.com.au
Instagram: @livnutritious

livnutritious.com.au

