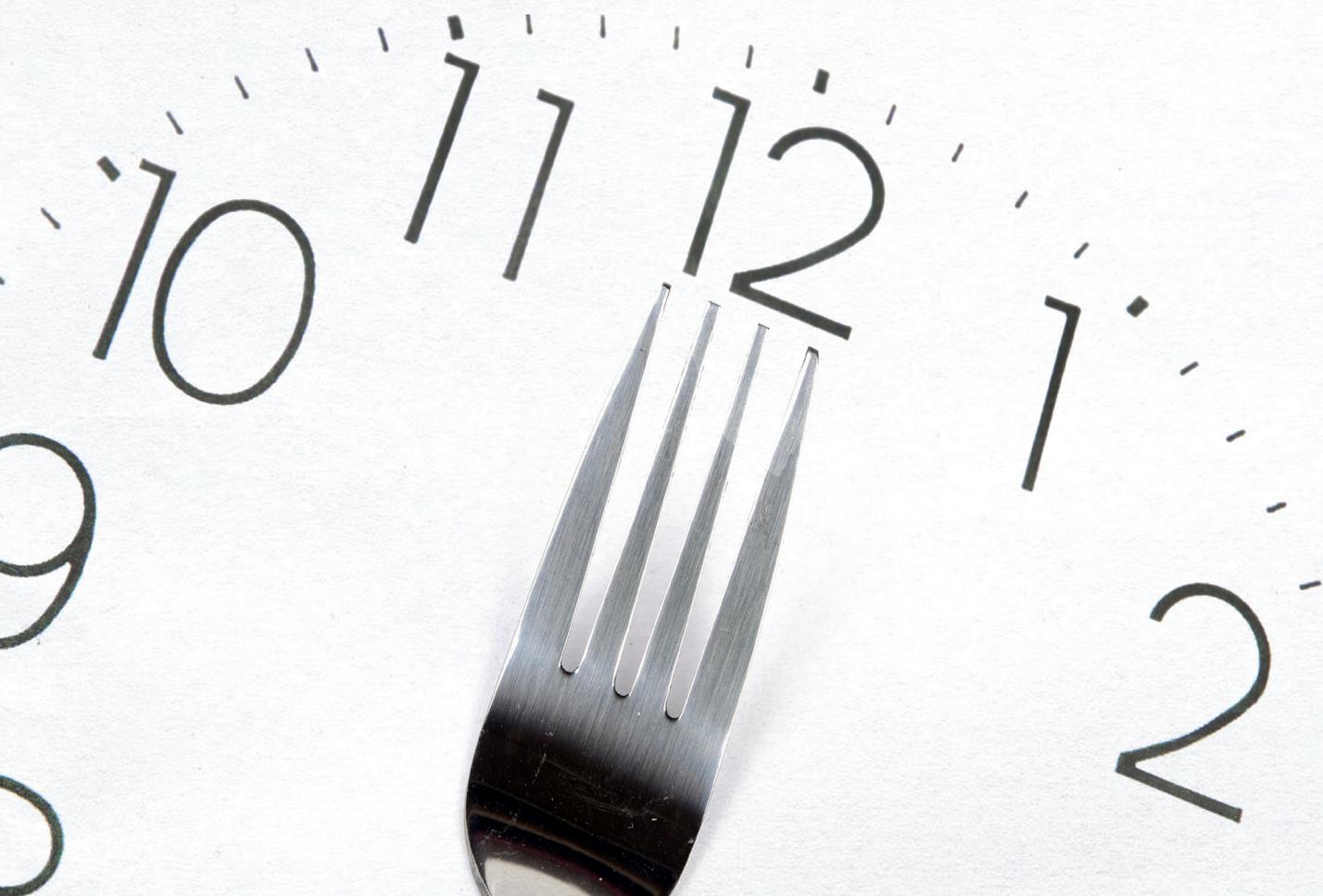


Happy Hormones
FOR LIFE



TIME SAVING TIPS



One of the main issues many women have in their quest to eat more healthily is TIME.

I know how busy women are, especially if they're over 40 with family, work and other commitments. It's a big challenge juggling all the things we have to do!

And sometimes looking after yourself comes way down the list. That often means grabbing something quick and easy to eat, which may not be the healthiest option.

You can't get away from the fact that to feed your hormones well, you do need to choose fresh real food that isn't ready made or packaged (as much as possible). But cooking from scratch can sometimes be time consuming.

So here are my big time-saving tips:

- **Batch cooking** – bulk cooking a few dishes in advance (say on a weekend) and freezing into portions makes it super easy to heat something up during the week. One of my favourite things to do is to make a big bowl of quinoa tabbouleh (see Recipes) and keep it in the fridge for a quick lunch, snack or side dish. Just keep the olive oil dressing until you need it and it will stay fresh for days.
- **Upsize the recipes** – never just make one batch of anything. Double or treble the quantities, use as leftovers for lunch the next day or evening and freeze the rest. This includes side dishes and veg – they can all be added to salads or new dishes.
- **Use some 'healthy processed foods'** – there is such a thing! I like to use ready cooked quinoa, rice and lentils to save time. Just make sure you use trusted brands and check the ingredients for any vegetable oils or additives. • Prepare your smoothie the night before – throw your smoothie ingredients into your blender jug the night before (without the liquid) and pop into the fridge. Pour in your liquid in the morning – blend and go! Get yourself a cool blender bottle (PROMiXX do a good one) and you can give it a whizz before you drink it. • Prepare your lunch – chop up your salad or lunch ingredients the night before, throw them together in the morning for a quick and easy packed lunch. If you have an oven or microwave at work, take in your precooked soup to warm up.
- **Get your shopping delivered** – if you're not set up for online shopping yet, this will save you loads of time. Have a 'favourites' list so you can quickly do your weekly shop. You can always top up during the week if you miss going to the store! My personal favourite online service is Ocado (their healthy range is second to none). I also like organic delivery boxes like Abel & Cole and Riverford for their fresh seasonal produce.
- **Stock up on your store-cupboard essentials** – these are the items you don't want to be running out of when you need to make a quick recipe – such as olive oil, coconut oil, spices, herbs, tahini, chickpeas, lentils, tomato passata, brown or wild rice, quinoa, nuts, seeds, and gluten-free pasta/noodles.
- **Get your family onboard!** If you have to cook something for yourself and then something else for your family, it's going to be tough. This eating plan is not a weird tasteless diet; it's all really delicious real foods! Try to get them onboard from the start – eating this way will benefit everyone. Or you can be a bit sneaky – they probably won't notice if you swap white rice for brown, or couscous for quinoa! (I swapped my kids usual penne pasta for gluten-free brown rice pasta and no one said a word!).