

DATE: 11/7/22

Dear Sarah

You've done a fantastic job so far - well done!!

Please find my recommendations we chatted about below.

Recommendations

- Continue to eat a gluten free diet and almond milk for your hot drinks.
- Continue to have 1-2 kiwi fruit per day (can reduce to one if you are finding you get the runs).
- Keep the concentration of protein + veggies / salad at main meals to ensure you stay satisfied and full to reduce cravings.
- Once you feel up to it, continue to trial doing exercise earlier in the day before breakfast to help your hunger cues kick in for breakfast.
- Try rotating lunch options so you don't get sick of eating the same things - add in some soups (couple recipes to try below) + toast, or gluten free wraps (with coleslaw, salad and protein) and rotate with your roast veg/protein.
- Other Greek yoghurt options to try are: Jalna Greek Yoghurt or Siggi's Vanilla (which still has sugar but is lower than Tamar Valley) or Five am blueberry and pomegranate
- Before next visit - get your blood tests done - glucose, cholesterol, vitamin D and iron.

Next Visit

Friday 19th August at 10.30am (20 minute appointment)



Mel Bald

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Sweet Potato, Carrot & Chickpea Soup



4 SERVINGS

Ingredients

2 tablespoons extra virgin olive oil
1 large brown onion, roughly chopped
2 garlic cloves, crushed
1 teaspoon ground coriander
2 teaspoons ground cumin
1/4 teaspoon chilli powder
600g orange sweet potato, peeled, diced
500g carrots, peeled, sliced
6 cups chicken stock – homemade or natural stock cubes
300g can chickpeas, drained, rinsed
1/2 small lemon, juiced

PER SERVE
366 CALORIES
10.3G PROTEIN
44.4G CARBS
12.1G FAT

Method

Step 1

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring often, for 3 minutes. Stir in coriander, cumin and chilli powder. Cook, stirring, for 1 minute.

Step 2

Add sweet potato and carrot. Cook, stirring often, for 5 minutes. Add stock. Cover. Bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 20 minutes. Add chickpeas to soup and simmer, covered, for 10 minutes or until chickpeas are tender.

Step 3

Blend soup, in batches, until smooth. Return to saucepan over medium-low heat. Season with salt and pepper. Stir in 1 tablespoon lemon juice. Heat, stirring, until hot (do not boil) and serve.



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Minestrone Soup Recipe

Serves 4



Ingredients

- 1 tbsp extra virgin olive oil
- 1 onion, diced
- 3 garlic cloves, crushed
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 medium zucchini, diced
- 4 cups stock (veggie or chicken)
- 1 sweet potato, peeled and diced
- 400 gram can diced tomatoes
- 2 tsp mixed herbs
- 400 gram can cannellini beans, drained
- 1 cup small gluten free pasta
- 1 cup baby spinach, chopped
- Parmesan cheese to top (if desired)

Method

Step 1

In a large saucepan, heat oil.

Step 2

Add onion and stir until softened, then add garlic.

Step 3

Next add carrots, celery and zucchini and stir. Add stock, sweet potato, tinned tomatoes and herbs, and stir.

Step 4

Cook for 10 mins, simmering.

Step 5

Add pasta shells and cook for the length of time it says on packet.

Step 6

Serve with grated parmesan cheese on top.