



SUMMER SUPERFOOD *Salads*

THE BBQ SIDES THAT WILL LEAVE YOU

FEELING GREAT



IT'S BBQ

SEASON

Yay!



We all love getting the charcoal out, grabbing some tongs and setting things on fire (even if the weather is pants). Our bodies however often suffer and I am not talking about undercooked chicken thighs (although that's a serious health risk!) Forgetting the alcohol consumption that often goes hand-in-hand with a BBQ, too many sugar-packed sauces and calorie-laden sides can instantly eliminate a week of hard work at home and in the gym.



*So what's
the solution?*



Swapping that calorific potato salad, mayonnaise-laden coleslaw and mountain of white burger baps for something altogether tastier and a LOT better for you.

We are talking about
Superfood Salads.



WHAT IS A

Superfood?

THERE IS A LOT OF CONFUSION SURROUNDING "SUPERFOODS".

Ask a scientist and they will say there is no such thing, but ask a health or nutrition professional and they will offer you a long list. The scientists might be right in so far as there is no set criteria (at the moment) for determining what is and what is not a superfood – making it more of a marketing term than a scientific grouping.

What they do all agree on is that some foods are more nutritionally dense than others and pack more of a punch when it comes to the vitamins and minerals they contain. They also agree that consuming foods that are packed with nutrients is certainly a good idea, which is why we are giving you 6 incredible superfood salads that will wow your guests, taste amazing and pack a nutritional punch!



What are 'superfoods'?



When it comes to nutritional density, almonds are the super nut!

Boasting the highest concentration of nutrients per calorie, a one-ounce serving provides 14% of RDA (Recommended Daily Amount) of fibre and a healthy dose of numerous other vitamins and minerals.

Rich in: Vitamin E, Magnesium, Potassium, Iron, Calcium, Zinc, Selenium, Copper and Niacin, Fibre and lots of healthy fats.

Health benefits: Almonds have been shown to help lower blood sugar levels, reducing blood pressure. They also help regulate cholesterol levels by increasing the ratio of high-density proteins, as well as reducing hunger and therefore promoting weight loss. They contain many nutrients which help development and health of the brain, including riboflavin and L-carnitine, both of which increase brain activity resulting in new neural pathways and decreased occurrence of Alzheimer's disease. They are a good source of alkali materials which are known to benefit the strength of the immune system, with Antioxidants like Vitamin E reducing the likelihood of contracting heart disease and many other major diseases.

If you are looking for vitamins, minerals and antioxidants all in one bite-size serving then beets are the way to go.

Rich in: Antioxidants, Potassium, Vitamin C, Manganese, Folate Fibre

Health benefits: The secret to beets' success is betalains that give this veg its vibrant colour and also help ward off cancer and other degenerative diseases, while the antioxidants are shown to fight numerous diseases and strengthen vital organs. Their high potassium content is great for healthy nerve and muscle function, while manganese is great for your bones, liver, kidneys and pancreas. Beets are also great during pregnancy as the folate helps reduce the risk of birth defects.





These are a great source of vitamins, soluble fibre and beneficial phytochemicals (biologically active compounds found in plants) like flavonoids.

They are also the most nutrient-dense berry, i.e. low in calories but high in nutrients, making them the perfect healthy snack, with one cup providing 4 grams of fibre, 24% of your Vitamin C RDA, 36% of your Vitamin K RDA and 25% of your Manganese RDA for only 84 calories.

Rich in: Vitamin C, Flavonoids, Folate, Potassium, Fibre

Health benefits: Studies have linked a high intake of flavonoids with a reduced risk of certain heart conditions in young women. They are also considered to have some cancer fighting properties thanks to the high levels of antioxidants, in particular the anthocyanin flavonoids. Other studies have linked them to improved memory by protecting against inflammation and boosting communication between cells. A daily 50 gram serving has been shown to lower LDLs or bad cholesterol by 27% in obese participants.

All members of the cruciferous family are pretty super, but broccoli stands out for its exceptionally high Vitamin C and Folate levels. It is also crammed packed with fibre too, making it an all-round superfood.

Rich in: Vitamin C, Vitamin K, Potassium, Selenium, Vitamin A, Manganese, Folate, high fibre.

Health benefits: High folate levels are thought to reduce the risk of heart disease, certain cancers and strokes. For those who want to go above and beyond, broccoli sprouts have ten times more glucoraphanin, a cancer-preventing compound, than regular broccoli. The presence of strong anti-carcinogenic compounds like glucoraphanin and beta-carotene plus selenium, as well as being anti-cancer agents help remove extra estrogen from the body. This is particularly beneficial for the avoidance of breast cancer and uterine cancer. The glucoraphanin has also been connected with reversing the negative effects of sun exposure.





Another seed that is loaded with magnesium, iron and the most essential fatty acids of any known plant!

They contain five times more calcium than milk and seven times the Vitamin C of oranges. Add this to the fact there is three times more iron in Chia than spinach and twice the Potassium of bananas plus eight times the Omega-3 of salmon, and you begin to understand why Chia seeds are all the rage.

Rich in: Omega-3 fatty acids, Calcium, Magnesium, Potassium, Iron, Essential Fatty Acids.

Health benefits: Chia seeds have been shown to improve blood sugar sensitivity, thanks to the high fibre and Omega-3 fatty acid content, thus aiding in the treatment of diabetes, heart disease and metabolic syndrome. The rich array of fibre found in Chia seeds makes them great for improving gut function, while the neuro-protective antioxidants quercetin and chlorogenic acid found in Chia seeds help produce cell membranes that are more flexible and efficient, allowing for faster nerve transmissions and ultimately improving brain function.

A cheap source of protein overloaded with nutrients, a single large egg offers 6 grams of protein – no wonder numerous studies have linked eggs to weight loss. They are also a great source of Omega-3 fatty acids.

Rich in: Omega-3, Selenium, Vitamin D, Vitamins B2 B6 & B12, Zinc, Iron and Copper, high protein concentration

Health benefits: The high Omega-3 levels are why eggs are renowned for their heart health properties. Eggs also are full of 'good' cholesterol, so eating them helps boost your good cholesterol to bad cholesterol ratio, reducing the risk of heart attacks, strokes and other serious cardiovascular conditions. They are cram packed with Choline, which is a nutrient that helps to create critical neural pathways in the brain. About 90% of the population is estimated to get less Choline than the body requires, so eat more eggs! Finally, eggs contain a whole host of antioxidants (Vitamin A, leutein and zeaxanthin to name a few). These work all over the body, but in particular in the eyes where they help to protect against the development of cataracts.





These are absolutely loaded in with vitamins, fibre, calcium and other minerals, with kale containing more antioxidants than most fruit.

It has more iron than beef and per calorie has more calcium than milk! One cup of kale has 5 grams of fibre, 0 grams of fat and best still is only 36 calories.

Rich in: Antioxidants, Vitamins A, C and K, Calcium and Iron. Great source of fibre.

Health benefits: The fibre in kale makes it great in aiding digestion. Its high iron content helps the body with the formation of haemoglobin and enzymes, as well as transporting oxygen to various parts of the body – then there is the cell growth and proper liver function also associated with iron intake. It's high Vitamin K levels also help protect against various cancers. Vitamin K is important for normal bone growth and blood clotting; it has also been shown to help people suffering from Alzheimer's disease.

It may take a while to crack into their shells but the taste explosion and nutritional content is worth the effort!

Jam-packed with protein and fibre and cholesterol free; if you are only ever going to eat one nut it should be a pistachio. Plus a one-ounce serving has almost as much potassium as one small banana.

Rich in: Vitamin A, Vitamin B6, Vitamin E, Potassium, Phosphorous, Protein, Fibre

Health benefits: Thanks to the Vitamin A and E content as well as the presence of other anti-inflammatory compounds, pistachios have anti-inflammatory properties. Thanks to the high levels of Phosphorous, a single cup of pistachios a day can help break down proteins into amino acids resulting in glucose tolerance and preventing diabetes. The high quantities of Vitamin B6 increases the haemoglobin count, improving the quantity of oxygen carried by the blood. It is also a great immune booster and has been shown to make the brain more active.





With antioxidants, vitamins and minerals, we should be celebrating pumpkins every week and not just at Halloween! One cup has twice the RDA of Vitamin A and a quarter of a cup of the seeds contains 17% of the RDA of Zinc.

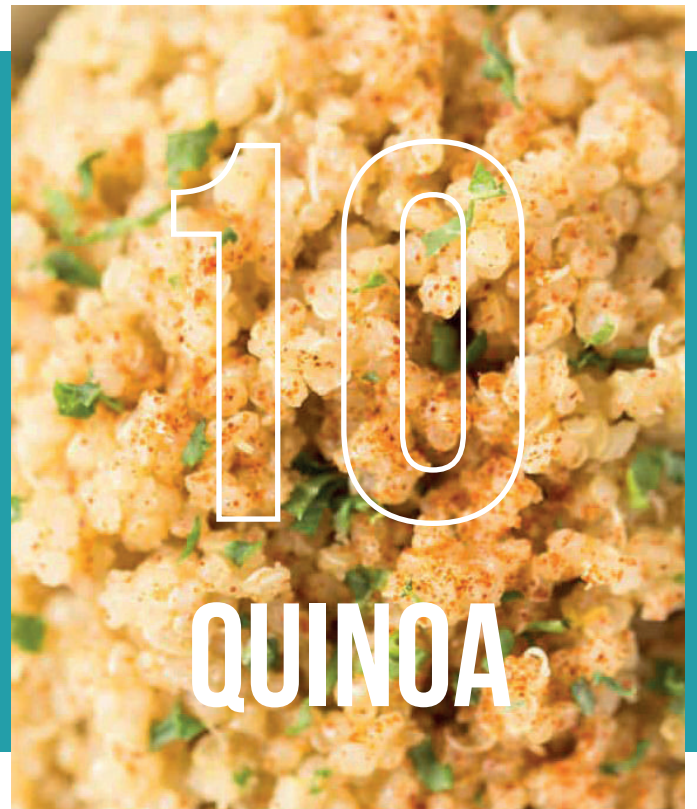
Rich in: Vitamin A, Betacarotene, Antioxidants, Tryptophan, Zinc

Health benefits: It is the betacarotene that is converted in the body to Vitamin A which leads to pumpkin's superfood status. Known for its immune-boosting powers, it plays an essential role in eye health. It also has anti-cancer properties. Tryptophan is responsible for helping the body make Serotonin that helps you relax and unwind, which is why pumpkin is known for promoting better sleep. For men in particular the high levels of betacarotene and other antioxidants help protect against cancer, in particular blocking unhealthy prostate growth, and the zinc levels have been shown to contribute to male sexual health.

This seed is a remarkable source of protein, one cup contains 8 grams and while it isn't a whole grain it cooks up like one and is therefore a great substitute. It is also full of fibre, vitamins and minerals and gives a wonderful nutty flavour to any dish. It has almost twice the fibre as most other grains too.

Rich in: Contains all 9 essential amino acids, Iron, Lusine, Magnesium, Riboflavin (Vitamin B2), Manganese, Fibre

Health benefits: The high fibre found in quinoa makes it great for gut health, relieving constipation and reducing blood pressure and the risk of diabetes as it lowers cholesterol and glucose levels. The high Iron content helps keep red blood cells healthy and enables the blood to carry more oxygen; it also improves neurotransmitter synthesis, enzyme activity and energy metabolism. Riboflavin improves energy metabolism within the brain and muscle cells, while the antioxidant properties of manganese helps prevent damage to mitochondria during energy production.





These oily fish are a great source of healthy fatty acids like Omega-3. Just 3 ounces of salmon contains all the Omega-3s you require in a day. They are also packed with protein.

Rich in: Vitamin C, Flavonoids, Fibre

Health benefits: Diets rich in Omega-3 are believed to reduce your risk of heart disease and strokes. New studies have also suggested they have skin protection qualities, reducing the harm UV rays can do. It is also worth noting that Omega-3 fatty acid deficiency is officially one of the top ten causes of death in America, claiming the lives of 96,000 people each year! Suboptimal levels can also contribute to symptoms of ADHD and other related developmental problems. These fatty acids are also vital for brain function and studies have shown the fish oil can not only slow cognitive decline, but can help prevent brain death in older adults. It has also been shown to reverse all anxiety-like and depression-like behaviour in rats during critical brain development periods. Fish oils have also been shown to reduce arthritic pain and result in significant reductions in rheumatoid arthritis.

Popeye had it right when he ate can after can of spinach. The tiny leaves are crammed full of vitamins, minerals and other micro-nutrients. So swap that dull iceberg for a pack of the good stuff and we promise you, you won't look back!

Rich in: Vitamin K, Calcium, Zinc, Magnesium, Phosphorus, Potassium, Niacin, Vitamin C, Vitamin A, Folate, Anti-inflammatories, Antioxidants.

Health benefits: It's not just your muscles that grow big and strong thanks to spinach, it's your bones. With just one cup packing 12% of the RDA of Calcium and enough Vitamin K (10x your RDA) to prevent bone loss this is something we all should be eating more of. It has also been linked to improved vision thanks to the high levels of Beta-carotene, Lutein and Xanthene, while Potassium, Folate and other antioxidants provide neurological benefits for those who regularly consume spinach. This includes reducing the occurrence of Alzheimer's disease. The high Potassium levels are good for increasing blood flow to the brain and heightening cognitive concentration and neural activity. It also helps those with high blood pressure, reducing hypertension.





6

SUPERFOOD
SALADS

Recipes

Recipe 1

KALE, QUINOA & BLUEBERRY BUZZ



Ingredients

- 🌿 1 cup (approximately 180g) of dry quinoa (cook to the packet's instructions)
- 🌿 1 bunch (approximately 8-10 cups) of curly kale
- 🌿 1 cup (approximately 100g) of blueberries
- 🌿 1 cup (approximately 150g) of cherry tomatoes
- 🌿 ½ cup (approximately 120g) of goat's cheese
- 🌿 ¼ cup (approximately 25g) of almonds (either chopped or flaked)

Method

Prepare the quinoa as per packet's instructions and then leave to cool. Cut the kale into 3cm strips, wash and allow the water to drain off before tossing with the cooled quinoa. Cut cherry tomatoes into halves or quarters, depending on size and time constraints. Mix into the kale and quinoa before adding the blueberries, goat's cheese and sprinkle almonds on top.

There really is no need for a dressing to go with this salad - the tomatoes and blueberries give it the juiciness it requires.

Recipe 2

THE SAS SALAD SPINACH, AVOCADO, STRAWBERRIES

Avocado and strawberries are also packed full of nutritional goodness and make it onto most longer 'superfood lists' which is why we have added this salad to the list. It's also a show stopper as most people haven't ever combined avocado and strawberries before, but once they've tried this they will wonder why not!

Ingredients

- 🥬 1 bag, approximately 8 cups, of spinach (washed)
- 🥑 3 large ripe avocados
- 🍓 2 cups (approximately 300g) of strawberries, cut into thick 0.5cm slivers

Toss the spinach and two thirds of the strawberries in a bowl. Cut the avocado into long slivers lengthwise and add to the top of the salad. Drizzle the raspberry dressing and a hint of balsamic vinegar.

Dressing

- 🍷 1 punnet of raspberries (approx 8 ounces)
- 🍯 2 tablespoons of honey
- 🍷 2 tablespoons of apple cider vinegar
- 🥑 2 tablespoons of olive oil
- 🧂 ¼ teaspoon of salt
- 🌶️ ¼ teaspoon of black pepper

Blend until smooth.



Recipe 3

THE WALDORF REMADE



Ingredients

- 🌿 ½ a bag, approximately 4 cups, of spinach (washed)
- 🌿 4 medium apples cut into thin (2mm) slices
- 🌿 2 sticks of celery
- 🌿 ½ a cup (approximately 25g) of flaked or roughly chopped almonds
- 🌿 ¼ cup (approximately 25g) of shelled and roughly crushed pistachios
- 🌿 large slivers of Parmesan cheese (optional)

Toss the spinach, celery and apples in a bowl. Sprinkle the nuts on top and then add generous helping of cheese slivers. Dress lightly with a honey mustard vinaigrette.

Dressing

- 🌿 2 tablespoons of honey
- 🌿 2 tablespoons of apple cider vinegar
- 🌿 2 tablespoons of olive oil
- 🌿 2 tablespoons of Dijon mustard
- 🌿 ¼ teaspoon of salt
- 🌿 ¼ teaspoon of black pepper

Recipe 4

SALMON & BROCCOLI SIMPLICITY



Ingredients

- 🥬 ½ a bag (4 cups) of spinach
- 🥬 ½ a bunch, 4-5 cups, of kale
- 🥬 2 cups (approximately 140g) of broccoli
- 🐟 300 grams, (approximately 10 ounces) of salmon
- 🍋 4 lemons
- 🧄 A clove of garlic
- 🫒 Olive oil
- 🧂 Salt and pepper

Method

Steam the salmon over a pan of boiling water with lemon, salt and pepper and crushed garlic until cooked through. Take it off the heat and leave to cool. Bring water to the boil, cut the broccoli into bite size florets and then add to the water for 90 seconds before immediately plunging into ice cold water. Cut up the kale into 2cm strips and mix with the spinach and broccoli. Break the salmon into bite size chunks and scatter over the salad. Cut remaining lemon into wedges and serve as is, or with a dash of olive oil over the top.

Recipe 5



ABC OF SALADS: ALMONDS, BUTTERNUT AND CHEESE

Ingredients

- 🥬 ½ bag (4 cups) of spinach
- 🥬 ½ bunch (4-5 cups) of kale
- 🥬 1 cup, (approximately 200g) of butternut (pumpkin)
- 🥬 ¼ cup (approximately 25g) of flaked almonds
- 🥬 ½ cup (approximately 120g) of goat's cheese or Feta
- 🥬 4 cloves of garlic
- 🥬 Olive oil
- 🥬 Salt and pepper

Method

Cube the pumpkin into 1cm blocks, sprinkle with olive oil and roughly chopped garlic cloves, and season with salt and pepper. Roast in the oven at 180C/350F, shaking occasionally, until golden brown. Prepare the kale (chop into 2 cm strips) and spinach, then toss in a bowl. Pour the pumpkin over the top while still warm. Add the goat's cheese and almonds; drizzle with a touch of olive oil.

Recipe 6

THE NICOISE SPIN



Ingredients

- 🌿 ½ a bunch (5-6 cups) of kale
- 🌿 4 eggs
- 🌿 1 cup (approximately 150g) of cherry tomatoes, halved
- 🌿 1 cup (approximately 160 grams) of chia seeds
- 🌿 300g/10 ounces of poached salmon
- 🌿 Olive oil
- 🌿 4 lemons
- 🌿 Thyme
- 🌿 1 clove of garlic

Method

Poach the salmon in milk with some time, garlic and lemon until cooked through (never allow to boil). At the same time bring 4 eggs to the boil and take off the heat after 3 minutes, leave for longer if you like your yolks really solid OR take off sooner if you prefer them more runny. Cook chia seeds as per instructions. Cut the kale into 2 cm strips and toss with the tomatoes and chia seeds. Flake the salmon over the top before quartering the egg and placing on top. Serve with a drizzle of olive oil and lemon wedges.



I hope you've enjoyed this EBook. If you're ready to transform your body and your life then I encourage you to head to our website:

WWW.WELLBEINGFITNESS.CO.UK

enter your details and we'll be in contact very soon!

In the meantime take a look at some of these results from people like you who train at Wellbeing Fitness

ANN



As I got older I knew it was important for me to keep active and take exercise. Women of my age have busy lives juggling work/families and often little time for themselves. Time to join the gym.

I've had a few gym memberships, but the novelty soon wears off and it becomes a chore. I was bored or frustrated. I had the same programme for a month, or I couldn't get on the equipment in the order I wanted to do it. I soon stopped going!

I've been coming to Wellbeing for

many years - Ian tells me since 2012 - I think it was a little before this. I remember seeing this new 'gym' come to Towcester. I had to pass it every day on my way to work.

I thought I'd give this new gym a try. From the moment I walked in it was different. This was personal training and it was tailored to me, every session was different. It was progressive, I wasn't going through the same programme for weeks. This was my time.

Initially I felt self conscious about being with a trainer on my own. I was a middle-aged hard-working woman. Had I made a mistake with this intense tuition? Not at all, I was put at ease right from the start. There was only me and the trainer, no one else to make a fool of myself in front of.

But I didn't make a fool of myself. I was guided through each exercise. Yes I struggled with some at first, it's learning about your body mechanics. The sense of achievement in those early sessions where I could do a few more 'reps' or run a little further was tremendous.

It's not all about weights and 'reps' though. The emphasis is on staying fit and flexible. As we get older it is really important to maintain our mobility. I can honestly say I feel so much fitter now.

Why has this 'gym' membership been successful for me? Because

I have an appointment, it is my time each week. Having a booked session makes me go. Yes there are days when I really don't feel like going. But I go and usually feel better for making the effort. The trainers are so adaptable as well, I can do a stretching and flexibility session instead.

I find the staff really knowledgeable, they take time to help me get the most from the exercise. A small correction here or there ensures that I'm not straining other areas of my body. We also have a good rapport, they genuinely ask how I am. They have become my friends.

I have only taken up personal training as this is what works for me. Wellbeing puts on a number of workshops and courses of which I've attended a few; mindfulness, nutrition, menopause, running. All involve small numbers of participants and experts passionate in their field.

Wellbeing has opened up new opportunities for me. I have taken up running and met my running buddy. Who'd have thought that at 50 I would be lining up to run my first marathon in London.

HELEN

At the age of 46, I had a hip replacement and 12 months after the operation I wanted to improve my overall fitness level which was at an all-time low. From living a very active lifestyle: ski-ing, hiking and playing badminton prior to the operation, I was in a position where I had not been able to undertake any physical exercise for a couple of years. I joined Wellbeing in November 2015 and have been going ever since! I still have 2 x one hour personal training sessions a week. I see the sessions as an investment for me – keeping me fit, strong and healthy.

When I was recovering from my hip operation I had lost my confidence with physically what I could do. It was very important to me that any exercise I undertook would build my strength and flexibility in a safe way. Wellbeing Fitness

was the perfect solution - I could book training sessions on a one-to-one basis in a private training room. This meant that the training session focused on my individual needs – building up my strength and confidence whilst ensuring that I was exercising safely. In an open gym this would not be possible and there would have been a risk, post operation, that I would have done more harm than good by not exercising correctly. I have fully recovered from the hip replacement but found the sessions so beneficial that I have kept going.

I have to fit my training sessions around my busy work schedule. This means that I book at different times each week and have different instructors. Without fail, all the instructors at Wellbeing are experienced, engaging, welcoming and friendly.



I like the fact that the personal training sessions are different each time I go. The variety keeps me interested, motivated and challenged. Each session is specifically planned, tailored to my needs and pushes me in a good way ;-)

LYNDSAY



I've been coming to Wellbeing Fitness for nearly four years now. I started initially because I wanted to focus on improving my health and fitness after a back injury. I also wanted to get as healthy as possible to support the IVF treatment I was undergoing.

I really enjoy the tailored, personal service with friendly and switched on trainers in a nice environment. They understand my need to be flexible around my very busy life, balancing my part-time job as a corporate lawyer with the demands of a family – not to mention running a smallholding!

Since I started, I've slowly increased my fitness in a safe and managed way, whilst keeping stress at bay too. It's good for the mind and helps me switch off from the never-ending To Do list! As an "older mum", I really want to stay as young and fit as possible for my son and this is my weekly investment in that.

The trainers are all great - really down to earth, patient and lovely! They all understood what I was trying to achieve and the reasons behind it. I particularly admire the fact that not only are they knowledgeable and dedicated but they have plenty of enthusiasm for what they do.

ZENA



When Wellbeing Fitness was established in Towcester, my husband was inspired with the individual training studio environment, a personal trainer and a training regime to suit our individual shortcomings and needs and suggested we join the set up as neither of us enjoyed public gyms.

This is where the story begins and in 2010 we enrolled. My husband and I have travelled extensively through far flung countries and our vacations have always been activity/adventure orientated. Wellbeing Fitness have stepped up to the brief and kept those limbs supple and oiled! In 2013 our Earthwatch Expedition took us to the Amazon Rain Forest and we endured the challenges we experienced.

However, unfortunately and unexpectedly my husband passed away in 2015 and the Directors

and Personal Trainers extended their support and adapted my personal training, which enables me to continue as I pursue the same activities and more as I live my life. Over the years I have bonded with each member of staff and look forward to my weekly personal training sessions. I have also introduced many 'another' to Wellbeing Fitness, who in turn have felt at ease with the one-to-one training and thanked me for the introduction.

I am obviously a 'woman' of mature years but I consider that to only being a 'number'. The Wellbeing Fitness concept enables me to stay positive and compete with my passion for gardening amongst other energy consuming activities.

Come and discover what you can enjoy!