

LOW TOX LIFE

What can you add?

Increasing the nutrient density and variety of your meal leads to

- less cravings
- less of a sense that 'you're looking for something more' even though you ate plenty
- more satiety
- less need to snack between meals
- greater energy, vitality and better mood

Here's what you can ask yourself: if you can ADD to a meal

- Another coloured veggie to get more rainbow foods in?
- Fresh herbs. These are PACKED with nutrients, so no more lonely parsley sprig garnish, chop half a bunch into a salad or through your rice / quinoa / mash.
- A squeeze of lemon & a sprinkle of chilli flakes (great for digestion / metabolism)
- Dulse flakes (sprinkle a little here and there on / in dips, smashed avocado, soups, casseroles. Sea vegetable packed with minerals, including iodine)
- A tablespoon of butter, olive oil, coconut oil, ghee (help those A, E, D & K vitamins get absorbed from your lean proteins and veggies)
- A chicken or duck liver or two (or a small piece of lamb's or calf's liver) into a big batch of meatballs to significantly boost vitamin A
- A tablespoon cultured veggies (add probiotic strength to the family salad)
- A handful of nuts or seeds on yoghurt, in soups or stir fries or to a salad
- Into a smoothie - something leafy, a raw pastured and organic egg (if you feel comfortable doing that), 1/2 an avocado, 1 tbsp nut butter, cinnamon powder for stabilising blood sugars
- To plain veggie sticks - add a dip or some sour cream or yoghurt so you get A,E,D,K absorption.
- To plain rice crackers - add a topping: Dip, nut butter, sour cream, pesto, squished avocados. Crackers provide blood sugar spikes on their own but paired with something more nourishing, are a great way to snack if / when needed.
- To bread - switch to flat breads or open sandwiches so that you can ADD way more fillings. Half the grains double the veg is a great way to make space for greater nutrient variety.
- A couple of spices - turmeric for anti inflammatory or fennel for digestion for example. A teaspoon or two of mixed spices into soups, stews, curries and casseroles increases medicinal benefit of foods.
- To sweet things, add nut butters to bring down the over all GI (ie apple and almond butter)
- LOVE. Bring love, not fear and worrying 'is this good for me?' to the table and reap the rewards.