

# No Cook Meals



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NUTRITION



# No cook meals.

THIS SERIES OF RECIPES IS BASED AROUND INGREDIENTS THAT DON'T REQUIRED REFRIGERATION TO CREATE MEALS THAT AREN'T RELIANT ON HEAT.

THERE ARE 2 MAIN THINGS TO CONSIDER WHEN LOOKING AT THESE TYPES OF MEALS

1. NUTRITIONAL DENSITY

2. HEAT AND COOLING FOR BOTH FOOD SAFETY AND PREPARATION.

FOR FOOD SAFETY IT IS BEST TO TAKE ON A VEGETARIAN TO PESCETARIAN APPROACH.

INGREDIENTS SUCH AS BABY SPINACH AND BEANS OR LEGUMES SHOULD FORM THE BASE OF EACH DISH TO ENSURE THEY ARE AS

NUTRIENT DENSE AS POSSIBLE.

DUE TO THE DECREASED BIOAVAILABILITY (ABSORPTION RATE) OF PLANT BASED OPTIONS, PORTIONS SIZES SHOULD BE INCREASED BY AN ADDITIONAL 25% TO ACHIEVE ADEQUATE INTAKE.

# What does Vegetarian mean?

## Vegetarian Diet

### TYPES OF VEGETARIAN DIETS

#### VEGETARIAN

A BLANKET TERM THAT DESCRIBES A DIET EXCLUDING MEAT, POULTRY, FISH OR OTHER ANIMAL DERIVED FOODS.

#### VEGAN

A BLANKET TERM THAT DESCRIBES A STRICTER DIET EXCLUDING ALL MEAT, POULTRY, FISH OR OTHER ANIMAL DERIVED FOODS.

#### LACTO-VEGETARIAN

A DIET EXCLUDING MEAT, POULTRY, FISH OR OTHER ANIMAL DERIVED FOODS, HOWEVER DOES INCLUDE:

- DAIRY PRODUCTS SUCH AS MILK, CHEESE AND YOGHURT.

#### LACTO-OVO-VEGETARIAN

A DIET EXCLUDING MEAT, POULTRY, FISH OR OTHER ANIMAL DERIVED FOODS, HOWEVER DOES INCLUDE:

- DAIRY PRODUCTS SUCH AS MILK, CHEESE AND YOGHURT.
- EGGS

#### FRUITARIANS

A DIET CONSISTING ONLY OF RAW FRUIT, NUTS AND SEEDS.

#### MACROBIOTIC DIETS

CONSIST OF LARGE AMOUNTS OF BROWN RICE WITH SMALLER AMOUNTS OF FRUITS, VEGETABLES AND PULSES. MEAT, POULTRY AND FISH IS PERMITTED PROVIDED IT IS HUNTED IN THE WILD.

ALL "NIGHTSHADE" FRUIT AND VEGETABLES MUST AVOIDED SUCH AS TOMATOES, EGGPLANTS, POTATOES AND CAPSICUMS.

### GENERAL HEALTH BENEFITS OF VEGETARIAN DIETS

- REDUCED INCIDENCE OF CHRONIC CONDITIONS - CANCER, CARDIOVASCULAR DISEASE, NON-INSULIN DEPENDENT DIABETES AND OBESITY.
- VEGETARIAN DIETS CONTAIN LITTLE TO NO SATURATED FATS. THERE IS A BENEFICIAL SIGNIFICANT CONSUMPTION OF DIETARY FIBRE.
- ASSISTS IN MAINTAINING NORMAL BLOOD PRESSURE.



# Strawberry Oats

## SERVES 1

- 1/2 CUP OATS
- 1 CUP ALMOND MILK
- 5 STRAWBERRIES - LEAVES REMOVED AND QUARTERED

- PLACE IN AN AIR TIGHT CONTAINER. ALLOW TO SOAK FOR 1-2 HOURS.

## NOTES

- PLACE IN THE FRIDGE IF REFRIGERATION IS AN OPTION.
- IF NOT, STORE IN A COOL DRY PLACE AWAY FROM HEAT AND DIRECT SUNLIGHT.
- DO NOT LEAVE OATS TO SOAK OVERNIGHT.

## NUTRITION INFORMATION

### HEALTH BENEFITS OF OATS

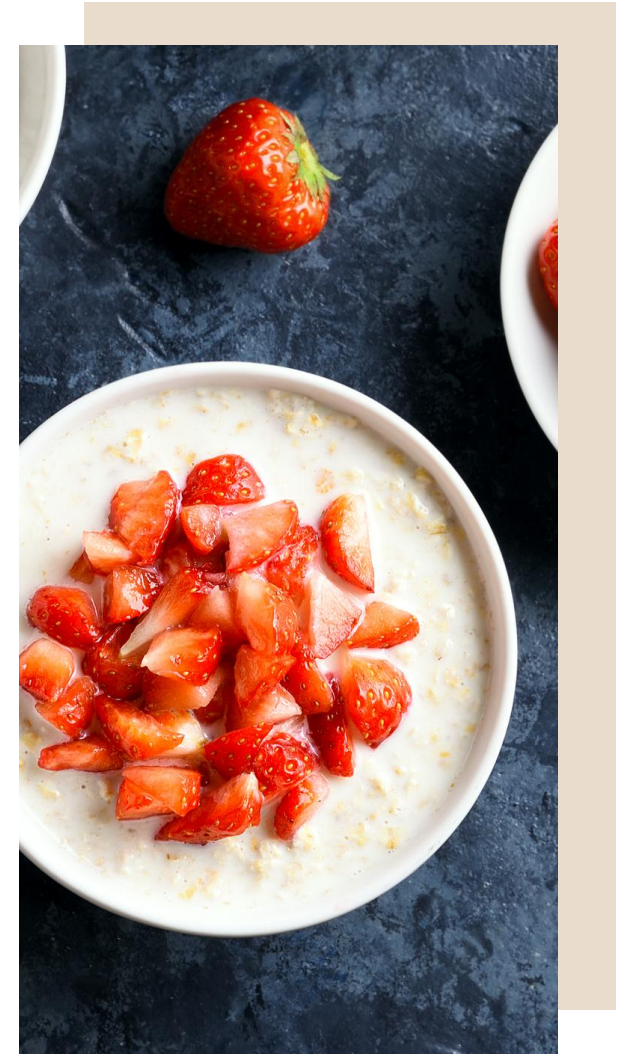
- OATS CONTAIN SOLUBLE FIBER WHICH REDUCES THE BODY'S LOW-DENSITY LIPOPROTEIN "LDL".
- SOLUBLE FIBER CAN ALSO INHIBIT THE ABSORPTION OF CHOLESTEROL INTO THE BLOODSTREAM.
- THEY ARE A GREAT PREBIOTIC WHICH PROMOTE GUT HEALTH.

### HEALTH BENEFITS OF ALMOND MILK

- ALMOND MILK IS COMPARABLE TO COW'S MILK IN RELATION TO CALCIUM, PROTEIN AND VITAMIN D CONTENT. YOU WILL NEED TO CONSUME 25% MORE TO ACCOUNT FOR THE LESSER ABSORPTION RATE.
- ALMOND MILK IS ALSO A QUALITY SOURCE OF VITAMIN E.

### HEALTH BENEFITS OF STRAWBERRIES

- STRAWBERRIES ARE A QUALITY SOURCE OF VITAMIN C.
- THEY ARE RICH IN ANTIOXIDANTS
- PROVIDE FLAVOUR AND SWEETNESS WITHOUT SUGAR, COLOURINGS, ADDITIVES AND PRESERVATIVES.



# Peanut Butter & Banana Bread

## SERVES 1

- 1 PIECE WHOLEMEAL BREAD
- 1 TABLESPOON 100% PEANUTS PEANUT BUTTER
- 1 BANANA - MASHED OR SLICED

- SPREAD PEANUT BUTTER ONTO BREAD.
- TOP WITH BANANA.

## NOTES

- THIS CAN ALSO BE MADE INTO A SANDWICH.
- PEANUT BUTTER SHOULD NOT BE TAKEN TO SCHOOL. CONSUMPTION SHOULD BE MINIMISED IN THE WORKPLACE.

## NUTRITION INFORMATION

### BENEFITS OF 100% PEANUT BUTTER

- QUALITY SOURCE OF PROTEIN AND HEALTHY FAT.
- PROMOTES SATIETY.
- PROMOTES HEART AND NEURAL HEALTH.
- AIDS IN BALANCING BLOOD GLUCOSE WHICH ASSISTS IN MINIMISING DIABETES.

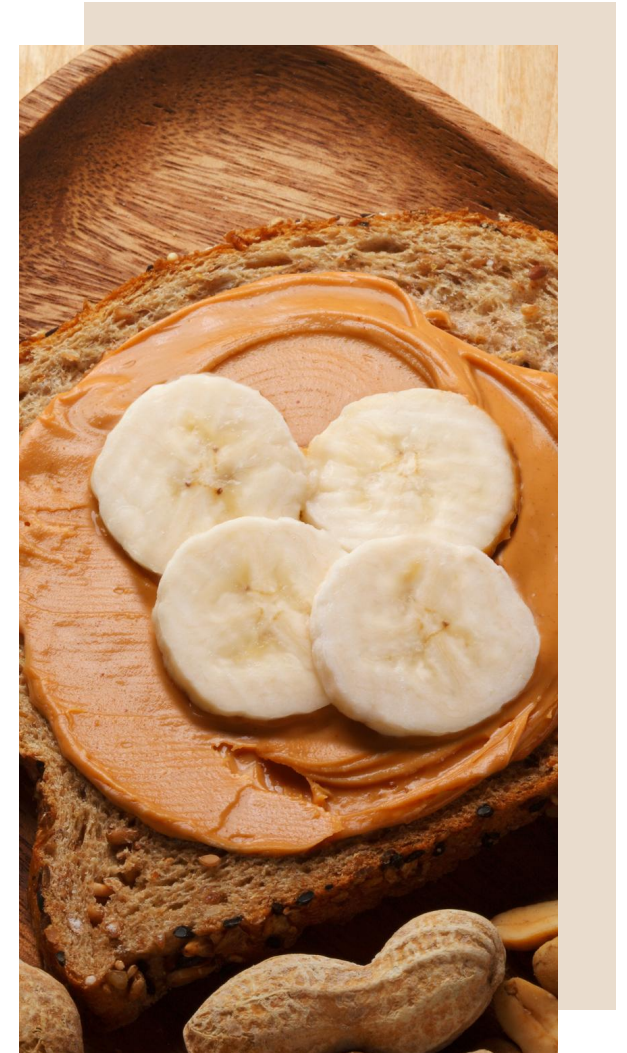
### BENEFITS OF WHOLEMEAL BREAD

- COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.
- QUALITY SOURCE OF DIETARY FIBRE WHICH AIDS DIGESTION, PROMOTES REGULAR BOWEL MOTIONS AND HELPS TO PREVENT BOWEL CANCER.

### BENEFITS OF BANANA

QUALITY SOURCE OF VITAMIN B6 AND VITAMIN C.

- LOW IN SODIUM AND HIGH IN POTASSIUM TO SUPPORT HEALTHY HEART AND BLOOD PRESSURE.



# Sweet & Crunchy Salad

- 200G PURPLE CABBAGE - SHREDDED
- 1 HEAD BROCCOLI - FINELY DICED
- 1 LARGE CARROT - GRATED
- 2 GREEN ONIONS - FINELY SLICED

OPTIONAL - PEPITAS AND SESAME SEEDS

#### DRESSING:

- 1/4 CUP TAHINI
- 1/4 CUP WATER
- 2 TABLESPOONS LEMON JUICE
- 1 TABLESPOON MAPLE SYRUP

OPTIONAL - 1/4 TEASPOON SALT, 1/4 TEASPOON GARLIC POWDER & PINCH CAYENNE PEPPER.

- PLACE ALL DRESSING INGREDIENTS IN A SMALL CONTAINER AND SHAKE TO COMBINE.

- PLACE SALAD INGREDIENTS IN A LARGE BOWL. MIX TOGETHER THOROUGHLY.

- POUR OVER SALAD DRESSING.

#### NUTRITION INFORMATION

##### BENEFITS OF CABBAGE

- QUALITY SOURCE OF POTASSIUM, MAGNESIUM AND CALCIUM WHICH GREATLY SUPPORT BONE HEALTH.
- RICH IN POTASSIUM WHICH CAN AID THE LOWERING OF BLOOD PRESSURE.
- - IT IS FULL OF FAT-SOLUBLE VITAMIN K WHICH IS IMPORTANT FOR BRAIN HEALTH.
- LOADED WITH VITAMIN C AND SULFUR. THESE BOTH CONTRIBUTE TO DETOXIFYING THE BODY, WHICH CAN HELP TO MANAGE SYMPTOMS OF ARTHRITIS, GOUT, ECZEMA AND SKIN DISEASES.
- HIGH ANTI-INFLAMMATORY CONTENT.
- CABBAGE, WHILST NOT ORANGE OR RED, IS ALSO LOADED WITH BETA-CAROTENE WHICH IS IMPORTANT FOR EYE HEALTH.

##### HEALTH BENEFITS OF BROCCOLI

- RICH IN IRON, POTASSIUM, SELENIUM, CALCIUM AND VITAMINS A, C, E, K AND B GROUP.

##### HEALTH BENEFITS OF CARROT

- CARROT IS RICH IN BETA-CAROTENE WHICH CONVERTS TO VITAMIN A IN THE BODY AND SUPPORTS EYE HEALTH.

##### HEALTH BENEFITS OF TAHINI/SESAME SEEDS & PEPITAS

- SESAME SEEDS/TAHINI CAN HELP TO LOWER LDL ("BAD" CHOLESTEROL). THEY PROVIDE HEALTHY FATS, A PLANT SOURCE OF CALCIUM AND ARE A POWERFUL ANTI-INFLAMMATORY.
- PEPITAS ARE RICH IN ANTIOXIDANTS, MAGNESIUM AND CAN HELP TO BALANCE BLOOD GLUCOSE.

##### HEALTH BENEFITS OF LEMON JUICE

- LOADED WITH VITAMIN C
- AID DIGESTION
- PROMOTES HYDRATION



# Tuna Salad

## NUTRITION INFORMATION

### HEALTH BENEFITS OF TUNA

- QUALITY SOURCE OF OMEGA-3 FATTY ACIDS WHICH ARE BENEFICIAL FOR BRAIN HEALTH AND JOINT MOBILITY. IT IS ALSO A GREAT SOURCE OF PROTEIN, SELENIUM AND VITAMIN D. IT IS LOW IN CHOLESTEROL AND SODIUM.

### HEALTH BENEFITS OF RED ONION

- RICH IN VITAMIN C
- ANTI-INFLAMMATORY PROPERTIES
- AIDS IN THE REDUCTION OF LDL "BAD" CHOLESTEROL AND TRIGLYCERIDES.
- RICH IN ANTIOXIDANTS.
- ASSISTS IN BALANCING BLOOD GLUCOSE LEVELS.
- ANTIBACTERIAL PROPERTIES
- BOOSTS DIGESTIVE HEALTH.

### HEALTH BENEFITS OF CORN

- A RICH SOURCE OF B GROUP VITAMINS, ZINC, MAGNESIUM, COPPER AND NON-HEME IRON.

### HEALTH BENEFITS OF BLACK BEANS & CHICKPEAS

- BLACK BEANS ARE RICH IN IRON, PHOPHORUS, CALCIUM, MAGNESIUM, COPPER & ZINC. THEY ARE LO IN SODIUM, HIGH IN FIBRE AND RICH IN SELENIUM WHICH HELP TO PREVENT AND MANAGE CHRONIC CONDITIONS SUCH AS DIABETES, HEART DISEASE AND SYMPTOMS OF CONSTIPATION.
- CHICKPEAS ARE A QUALITY SOURCE OF PLANT PROTEIN AND DIETARY FIBRE. THEY ARE HIGH IN RESISTANT STARCH WHICH PROMOTES INSULIN SENSITIVITY. KEY NUTRIENTS SUCH AS FOLATE (B9), CALCIUM, MAGNESIUM AND POTASSIUM. QUALITY POLYUNSATURATED FATS (WHICH HELP TO LOWER LDL ("BAD" CHOLESTEROL), OMEGAS 3 AND 6 WHICH IS IMPORTANT FOR BRAIN HEALTH AND FUNCTION.

### HEALTH BENEFITS OF CUCUMBER

- RICH IN VITAMIN B, C AND K.
- PROMOTE HYDRATION DUE TO WATER CONTENT.

### HEALTH BENEFITS OF ICEBERG LETTUCE

- ICEBERG LETTUCE PROVIDES TRACES OF MICRONUTRIENTS WHILST SIGNIFICANTLY CONTRIBUTING TO HYDRATION DUE TO ITS WATER CONTENT. THIS IS PARTICULARLY BENEFICIAL FOR KIDNEY, LIVER AND DIGESTIVE HEALTH.

- 1 SMALL TIN TUNA IN SPRINGWATER
- 1/4 SMALL RED ONION - SLICED
- 1 SMALL TIN CORN KERNELS
- 1 SMALL TIN BLACK BEANS OR CHICKPEAS
- 1/4 TELEGRAPH CUCUMBER - DICED
- 1 CUP BABY SPINACH OR ICEBERG LETTUCE
- 6 CHERRY TOMATOES - HALVED OR 1 TOMATO - DICED.

#### DRESSING:

- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON OLIVE OIL

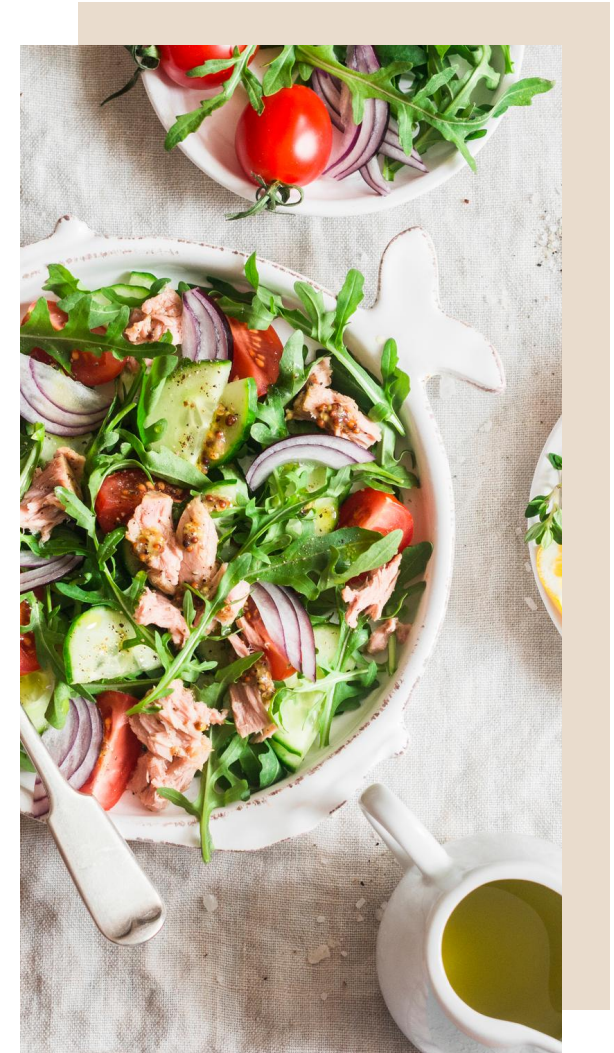
- DRAIN AND RINSE TUNA, BEANS/PEAS AND CORN.

- COMBINE ALL SALAD INGREDIENTS TOGETHER IN A BOWL.

- SHAKE OLIVE OIL AND LEMON JUICE TOGETHER IN A SMALL CONTAINER. POUR OVER SALAD.

#### NOTES

- RAW ONION CAN CAUSE STOMACH UPSET IN SOME PEOPLE. IF THIS IS THE CASE PLEASE DO NOT INCLUDE IN YOUR MEAL.



# Stuffed Avocados

- 1 AVOCADO
- 1/2 TOMATO - DICED
- 1/4 TELEGRAPH CUCUMBER - DICED

#### DRESSING:

- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON OLIVE OIL

- CUT AVOCADO IN HALF AND REMOVE STONE
- COMBINE DICED TOMATO AND CUCUMBER.
- SCOOP INTO THE CENTRE OF THE AVOCADO.
- POUR OVER DRESSING.

#### NUTRITION INFORMATION

##### HEALTH BENEFITS OF AVOCADO

- QUALITY SOURCE OF HEALTHY FAT.
- RICH IN DIETARY FIBRE.
- CONTAIN MORE POTASSIUM THAN BANANAS.

##### HEALTH BENEFITS OF TOMATOES

- RICH IN LYCOPENE, IMPORTANT FOR PROSTATE HEALTH.
- QUALITY SOURCE OF VITAMIN C, K, POTASSIUM AND FOLATE.

##### HEALTH BENEFITS OF CUCUMBER

- RICH IN VITAMIN B,C AND K.
- PROMOTE HYDRATION DUE TO WATER CONTENT.

##### HEALTH BENEFITS OF LEMON JUICE

- LOADED WITH VITAMIN C
- AID DIGESTION
- PROMOTES HYDRATION

##### HEALTH BENEFITS OF OLIVE OIL

- QUALITY SOURCE OF HEALTHY FAT
- STRONG ANTI-INFLAMMATORY
- RICH IN ANTIOXIDANTS





# Salmon Sandwiches

- WHOLEMEAL BREAD
- 1 AVOCADO
- BABY SPINACH
- 1 TIN SALMON - DRAINED

- SPREAD AVOCADO ON BREAD.
- TOP WITH BABY SPINACH AND SALMON

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### HEALTH BENEFITS OF TINNES SALMON

- QUALITY SOURCE OF OMEGA-3 FATTY ACIDS IMPORTANT FOR BRAIN AND JOINT HEALTH.
- ANTI-ONFLAMMATORY.
- DUE TO THE SMALL BONES IN THE SALMON IT IS A QUALITY SOURCE OF CALCIUM.

