EAT CLEANER

Live LARGER

ISSUE 17
OCTOBER 2024



THE Evening Meal ISSUE

How to Make Your Last Meal of The Day
More Special Than You Ever Imagined

Welcome

In my many years of coaching, I have found that when it comes to mealtimes, for most people, evening meals are the biggest challenge of the day.

Now, while you might be thinking it's because people are tired from working or being busy all day and don't know what to make or can't be bothered to make a healthy evening meal, based on my experience and the numerous conversations I've had about this, that's not actually what it is about *at all*.

While yes, absolutely, all of the above is usually true, underneath all of this is generally the desire to "let it all hang out" or to indulge. And so the *excuse* becomes "I don't know what to make" or "I can't be bothered to make a healthy meal".

Big difference!

The truth is people *do* know what to make and making a healthy meal can take exactly the same amount of time, or less, than making a healthy meal, and can even be *less* effort!

While yes, indulgence feels good in the moment, these indulgent evening meals can actually undermine not only your diet, body and health goals, but also your *dreams*.



And yet, understandably, the desire to "let it all hang out" or be rewarded is definitely "a thing".

However... what you might not yet have fully realised is that, while yes, indulgence feels good in the moment, these indulgent evening meals can actually undermine not only your diet, body and health goals, but also your *dreams*.

Yes, indeed. These seemingly innocent end-of-day indulgences can cost you more than your body goals, they can absolutely cost you your life goals, too.

And I don't know about you, but I don't think any evening meal, no matter how delicious it may be, is worth paying that kind of price for.

In case you're struggling to join the dots (because most people don't talk about this or think about this), let's take a look at the evening eating habits of our imaginary friend Georgia. Georgia eats really clean and healthy all day long but when she gets home from work, she grabs a glass of wine, a few peanuts and sets about cooking. She's tired, she's hungry, she definitely feels she deserves a treat and some respite from

her busy day, and she wants to be eating her evening meal no more than 20 minutes from now.

While she knows that having a "blow-out" tonight will set her back with her weight loss goal, 'it's only tonight' she tells herself, and pulls out a microwave meal from the freezer. 'Mmmm, that bread looks good,' she thinks to herself as she catches sight of the French stick next to the bread bin. And so she starts slicing it up.

'I think four pieces is good,' she surmises, and then proceeds to butter one slice for enjoying now, puts the microwave meal into cook, and then butters the remaining three slices for enjoying later.

Georgia is having such a good time as she stands around in her kitchen enjoying her first real break of the day, that she decides to top up her wine, and eat just one more slice of bread while she's waiting for her meal to cook.

While she stands there, feeling all bougee and decadent enjoying her bread and wine, she decides to look in the fridge and see what else she could nibble on while the microwave does its thing... 'Oh cheese!' she squeals, eyes opening wide, and decides to cut a few thin slices to put on her bread before finishing piece number two.

'That was so good, I'm going to have another one!' she thinks and indeed she does. While she's enjoying herself, she is starting to feel quite full already and her main meal isn't even served yet.

Georgia tops up her wine again. 'Right, that's it, no more wine after this, and just this last piece of bread,' she tells herself as she sees just the one piece remaining. But that cheese tasted *so good*, so she barters with herself and decides the last piece of bread will *not* be eaten with her meal after all. It's now officially a *starter*, and she'll have a little bit more cheese and add that kimchi she's just seen, because then 'it will be healthier'.

By the time the microwave meal is out and plated, Georgia is a little tipsy from the wine, already feeling full, and has no real desire to eat, but the main meal is now ready. 'It's a shame to waste it' she thinks, so she takes it to her living room, sits down on the sofa and mindlessly eats it, just so it 'doesn't go to waste'.

Out the other side she feels overfull, a little inebriated, and if she's *really* honest, a little sick.

She now has no desire to work on any of the projects she wanted to progress this evening, or even to read a book. TV feels like the only option now, even though it's only 7:00pm.

'I've blown it again,' she tells herself. 'When am I going to get my act together and make dinner actually work for me?'

If you resonate with Georgia's experience, this issue is just what you need!

If you work with the Playsheets and really take to heart the article I've provided for you, you have the power to turn your evening meals from the "full stop" in your day where everything grinds to a halt and you lose valuable "progress time" to the "magical bridge" between worlds.

It's time to have the best of both worlds – an evening meal that you love AND that enables you to stay on track with your Eat Cleaner and Live Larger goals *and* that actually progress them.

It is the crucial shift that most people need to make if they are serious about changing their life and not going round and round in circles, so if you're ready to stop doing that, and make the change that will change everything, you know what to do!

To creating magical bridges...

Karen

The Perfect Apéritif



NON-ALCOHOLIC MOJITO

SERVES 2–3

If you're a mojito fan but want it alcohol-free, this is your new go-to recipe! Perfect for pairing with just about any evening meal or sipping on while prepping.

EQUIPMENT

Sharp knife + cutting board
Large jug
Spoon
Juicer
Blender
Sieve

INGREDIENTS

150ml sparkling mineral water
8 apples
6 limes
¼ cup tightly packed fresh mint
¼ cup agave syrup
12 loose mint leaves
Crushed ice



NON-ALCOHOLIC MOJITO

DIRECTIONS

1. Pour the sparkling water into a large jug.
2. Juice 7½ apples and pour into the jug. Set the remaining half aside.
3. Peel 4 of the limes and cut into quarters.
4. Put the fresh mint, quartered limes and agave syrup into a blender. Blend then strain.
5. Add this syrup to the jug and then give everything a good stir.
6. Slice the half apple in half again, and then cut into thin slices. Add to jug.
7. Peel the remaining two limes and cut into small chunks. Add to jug.
8. Add the 12 mint leaves into the jug.
9. Add as much crushed ice as per your preference.
10. Pour and serve.

★ PLAYSHEET 1

Last Week's Evening Meals

Let's begin by reviewing how you spent your evening mealtimes over the past seven days.

This is not the time to try and choose different days or dates to draw on (!) – unless you were on holiday or in particularly unusual circumstances. We want to capture your everyday "normal" as accurately as possible.

INSTRUCTIONS

Simply complete the chart below to the best of your ability, recalling the details of the past seven evenings.

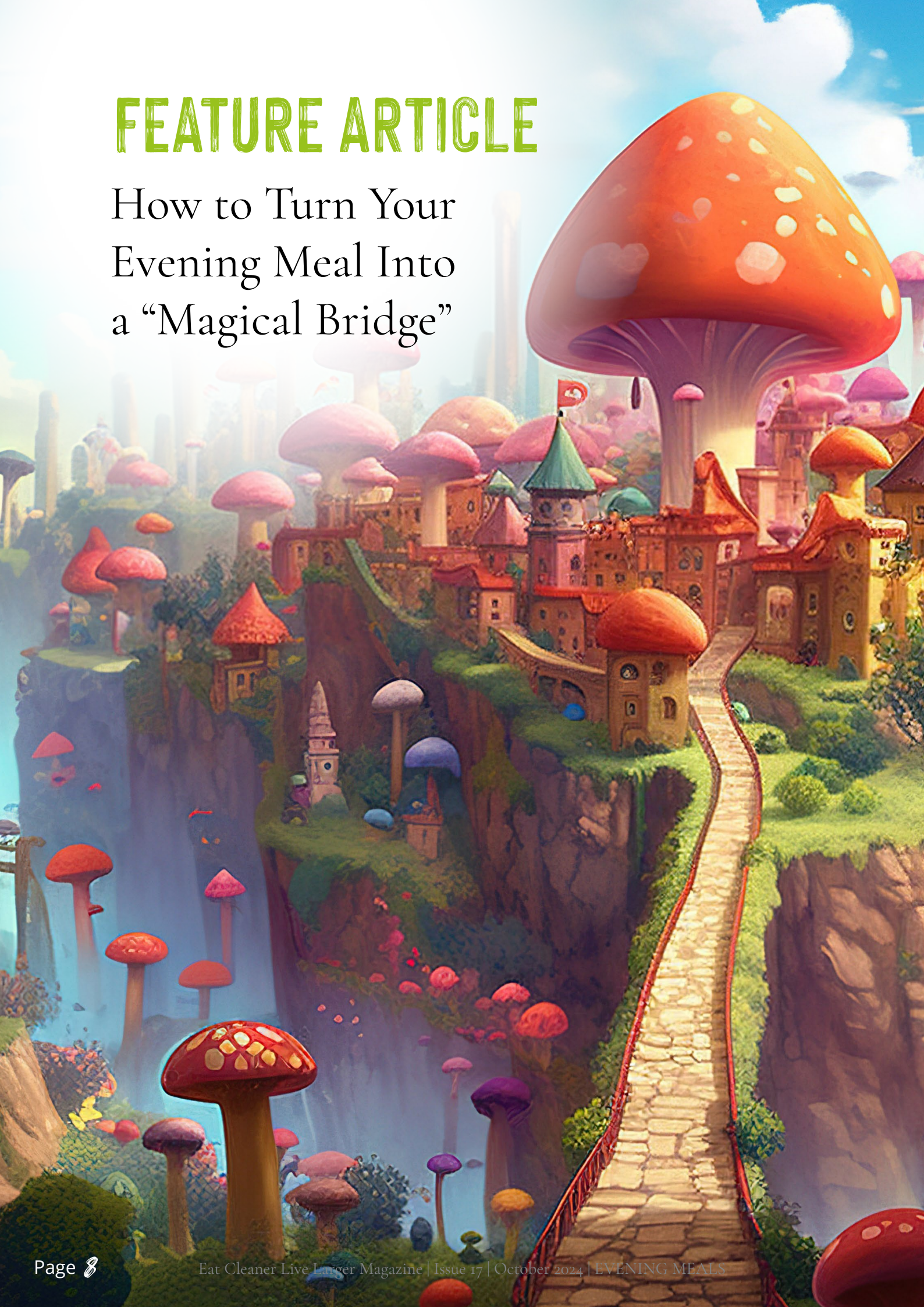
	WHERE YOU WERE	WHAT YOU ATE	WHO WAS WITH YOU? WHAT DID YOU DO?	ENERGY SCORE /10
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Thoughts and observations about what you wrote



FEATURE ARTICLE

How to Turn Your Evening Meal Into a "Magical Bridge"



For most people, the evening meal unwittingly becomes the full stop to their day, rather than the hyphen, putting an end to all or most activity, progress or enjoyment, due to its heaviness, high-carb content, or both.

I think we can all attest to knowing only too well that feeling of coming home from work and still having some energy left to burn, only to feel it *completely* disappear after eating a heavy rich meal, and then feeling only fit to slump in front of the TV until bedtime.

This pattern repeated over and over again, year after year, is the single biggest dream-stealing habit *of all*, and yet for most people it goes completely unchecked and unnoticed, because for the majority of the population a heavy dinner followed by hours of TV is regarded as "completely normal".

If this sounds familiar, the truth is that losing your precious free evening hours to a heavy evening meal, is not only compromising the quality of the remaining hours of your day, but is most likely costing you the majority of your goals and dreams as well.

Think about it.

What else, apart from procrastination itself, can you think of that literally steals 3-7 hours from your day, along with your energy and progress, more than a heavy, sedating evening meal?

It's truly the most well-hidden elephant in the room.

Just imagine what you could be doing instead, the goals or dreams you could be progressing and the upgrades you could be enjoying if you turned this "normal" on its head!

In this article I am inviting you to trade "normal" and all that goes with it, for three really incredible things:

#1 An evening meal and experience that you adore and that aligns with your diet, body and health goals (rather than compromising them or throwing them out of the window!).

#2 A high-vibe, high-quality evening that is befitting of the kind of overall life you want to live.

#3 Progress on the things that matter most to you – your goals, your dreams, your projects, your organisation, your evolution, your fun... all of these things and more, as you so desire.

When considering the above, is there *any* evening meal that is worth trading these things for?

Personally, I don't think so.

If you are ready to make the switch that has the potential to change everything for you, then let's get started on turning your evening meal from saboteur into your "magical bridge" that in turn, takes you to an equally magical world.

STEP 1:
A SPECIAL MEALTIME

For your evening meal to check all the boxes, it needs to be:

- Light, so as not to sedate you.
- Delicious, so that you are excited to consume it.
- Aligned with your current Eat Cleaner goal/s, so it helps you to reach your goals, rather than undermine them.
- Beautifully presented, so that you feel inspired and grateful that this meal is yours and it becomes a highlight of your day.
- Ideally served and eaten in a way that feels noteworthy and special, so you can really enjoy the experience, as opposed to just getting it eaten as quickly as possible!

This last piece is especially important, otherwise we are missing the point.

While yes, eating a good meal quickly will mean that you have a few more minutes to play with, when it comes to your overall quality of life and really enjoying and celebrating your day, eating your evening meal quickly will simply exacerbate any beliefs you might have about there never being enough time, and that you need to just eat and 'get it out the way'.

The truth is, your evening meal, just as with every other meal you consume, is creating, nourishing and sustaining your body. As such it deserves space, time and reverence. And that only takes a few more minutes than gulping it down.

It also sets the scene for the rest of your evening to feel equally special, appreciated and enjoyed.

IDEAS FOR A SPECIAL EVENING MEAL SCENARIO

There are so many different and wonderful ways to enjoy your evening meal. On the pages that follow, I'm sharing seven very different ideas with you, along with some bonus tips, just to give you some ideas to get you started.

You might love one or more of these ideas and choose to run with them, or you might want or need to hybridise some in order to come up with something unique and more fitting for you, or the time of year.

The most important thing is to be open to doing your evening meals differently so that you don't just have a "functional bridge" into your productive and enjoyable evening, but you have a "magical bridge" specifically!

After all, why just reap one of the three available benefits, when you can have them all?

INSPIRED IDEA 1: A CANDLELIT FEAST FOR ONE

End your day with a solo candlelit dinner designed for peace and reflection. Set your table with candles, your favourite dinnerware, and a cosy ambiance.

Treat yourself to a delicious meal, paired with a mocktail, kombucha or an iced tea.

This “me time” dinner is not just about the food but also about creating a serene space to unwind.

Enjoy it with a book, soft music, or simply the quiet moment to reflect on your day before moving onto the rest of your evening.



INSPIRED IDEA 2: MINDFUL EVENING DINING

Turn your evening meal into a mindful eating experience.

Switch off all distractions - no phones, no screens, no pings.

Instead, focus on the textures, flavours, and aromas of your food.

Eating slowly and mindfully can help calm your mind, giving you time to unwind and enjoy each bite.

Mindful eating is not just about food, it’s about transitioning from the busyness of the day to a more considered and beautifully-paced evening.



INSPIRED IDEA 3: THEMED EVENING MEALS

Bring variety and fun into your week by setting a theme for your evening meal.

Choose a favourite cuisine such as Italian, Indian or Mediterranean and enjoy your meal with music, decorations, and table settings to match.

These themed evenings make dinner feel like an event, something to look forward to each week and something off the beaten track.

It’s a great way to break up the routine and make dinner feel extra special, and once a week is very doable for most people.



INSPIRED IDEA 4: EVENING GRATITUDE RITUAL

Before you take your first bite, pause and think of something you're grateful for. It could be an accomplishment, a connection you made, getting a big to-do off your list or even just getting through a tough day. This gratitude ritual helps you appreciate the present moment and creates a sense of fulfilment and self-acknowledgment. Dinner becomes more than just a meal - it becomes a reflection on the positive aspects of your day and taking the time to notice yourself and what you did, rather than just moving onto the next thing on the list.



INSPIRED IDEA 5: SUNSET RITUAL DINING

Dine as the sun sets to mark the transition from the busy day to a peaceful evening. If weather permits, take your meal outside or near a window to enjoy the changing light. Light a scented candle, play calming music, and match your meal to the season - light salads for warm evenings or hearty healthy soups as the days get cooler. This ritual helps create a natural pause, signalling that the workday is over and it's time to shift gears into whatever you will most enjoy doing.



INSPIRED IDEA 6: COOK TOGETHER, DINE TOGETHER

Make dinner a collaborative effort by cooking together. Whether with a partner, friends, or family, sharing the cooking/prepping process deepens your connection and makes the meal feel more celebratory. Even the simplest tasks, like chopping vegetables or stirring a pot, can be enjoyable when done together. If you're cooking solo, consider joining a live online prep class or watching a replay of one of ours, to create a similar sense of connection.



INSPIRED IDEA 7: SET THE STAGE FOR TOMORROW

Use dinner as a time to reflect on your day and set positive intentions for tomorrow. While eating, think of three things that went well today and one thing you're looking forward to tomorrow. This simple practice helps you end the day on a positive note and sets the tone for a productive and peaceful next day. You might even bring a journal to the table if eating alone, and enjoy a more leisurely dinner while capturing the highlights and lessons from your day.





BONUS IDEAS

While I hope at least a few of the previous ideas have inspired you, here's a few more ideas to add into the mix:

START WITH DRINKS

Whether you enjoy this as you're making dinner, or bring it to the table, a beautiful glass of something special served in a wine or champagne glass can really take things up a notch. Aligned ideas include a small freshly pressed juice, a pretty mocktail with a slice of fruit on the rim, a favourite or new kombucha, or even serving something as simple as sparkling water with some lemon or lime added and maybe a dash of ice.

OUTDOOR DINNER PICNIC

Take your dinner outdoors! Whether it's your backyard, a park, or your balcony, spread a blanket or set up a small table under the open sky. This change in setting can make even a simple meal feel more enjoyable and special.

ELEVATE YOUR DINNERWARE

Switch up your usual dinner routine by using your finest dinnerware. A beautiful setup can transform an ordinary dinner into something extraordinary, and even better, why not simply make this your new normal?

VIRTUAL DINNER PARTY

Host a virtual dinner with friends or family! Even if you're far apart, you can still share a meal together via video call. This is a wonderful way to connect with loved ones while still enjoying the comforts of home.

INDULGE IN DESSERT FIRST

Shake up the traditional dinner routine by starting with dessert! This playful approach will bring a sense of excitement and indulgence to your meal. If you're trying to lose weight, this doesn't have to be a no-go for you. Dessert in this case can be a small but highly satisfying portion of something sublime, or a bowl of seasonal fruit with some chocolate dipping sauce drizzled on top.

STEP 2:
A NEW WORLD TO STEP INTO

If your evening meal is the magical bridge then it only makes sense that you need a magical land to step into!

But first it pays to know what kind of magic you would love to enjoy or experience.

Start this process by writing a quick list of 5-10 things that you know you'd love to do, enjoy or experience during your evenings.

Ideally you are looking for a nice mix of things that help you to move your life forward, along with things that are simply pleasurable, enjoyable or relaxing while still feeling high-vibe and exciting – things that you can really look forward to.

Once you have your list, it's all about setting the scene.

The magical land that you step into each night could take the form of a room or space in your own home, or, alternatively, somewhere *outside* of your home that you take yourself to, to enjoy whatever you have planned or want to enjoy.

If staying at home, when it comes to turning your living space into a magical new land, here are some ideas to get you started:

CREATE SPECIAL SPACES

Your home, even if tiny, can be transformed or upgraded into a collection of special spaces. These spaces might be created to support a specific activity or feeling – or both.

Examples:

- A space to reflect, journal or dream.
- A space to paint or craft.
- A space to work on projects or to plan.
- A space to enjoy chatting undistracted with your partner or friend.
- A space to hang out with a pet.
- A space to simply sit, savour and look out the window.
- A space to organise your projects in an inspired and practical way.
- A space to sit with your vision board/s and visualise your dreams coming true.
- A space to work on your finances, health goals or social plans.

Creating individual supportive spaces such as this is not only extremely helpful in creating environments that make it easy for you to enjoy and maximise your evening time, but they can also be a lot of fun to create!

Consider adding special lighting such as coloured bulbs or fairy lights, real or imitation candles for a magical glow, a diffuser or vaporiser to add scent, a beautiful ornament or flowers for beauty, a cosy blanket or throw for comfort and warmth, the perfect side table for holding your journal, folder or refreshments, and perhaps a way to play music in the background or a guided meditation, as required.

When you set your home up in this way, your post-dinner time does indeed become a visit to a more magical land, and a land of infinite possibilities! When you set up your environment to support the experiences you want to have, you are in fact, most of the way there.

POPULATE YOUR SPACES

Once your spaces are set, I recommend that you keep them as clear and uncluttered as possible so that only the intended activity or activities can take place there.

For each desired activity or experience you'll want to make a list of what you need in that space for that to be possible.

For example, do you need a pen or pencil, a journal, a book, a notepad, your laptop, crafting supplies or something else?

When you have your list, set about completing each space with the requisite items and store or display them in a way that is easy to access and use, and delightful to your eye.

OUT & ABOUT

Depending on the weather, time of year, and how busy your day has or hasn't been, leaving your home after dinner, especially if you really desire a change of scene, can be an incredibly refreshing and invigorating thing to do.

As with your home spaces, it's wise to consider what places outside of your home are the best fit for the kind of feeling or experience you want to have, so that you get exactly what you need.

For example, visiting a quiet friendly coffee shop at 8pm would be a very different experience than visiting a busy bustling restaurant at the same time.

For this reason, for each of the things on your list that you'd love to do outside of your home, along with feelings you think you'd want to feel (e.g. connection, peace, stimulation) start brainstorming places you already know that would enable that for you. Once you've done that, start researching potential new places that could fill in any gaps or be even better than the places you already know and love. Seek and ye shall find, I guarantee it! It's amazing what places can be right on our doorstep that we knew nothing about until we start looking for them.

STEP 3:
MAGIC TIME!

If you are staying at home, all you need is your special dedicated space all set up and ready to go, an idea of time available that particular evening to do what you want to do, and a clear agenda for what you want to have accomplished, felt or enjoyed by the end of it. Once those things are in place, let the magic begin!

When it comes to venturing outside of your home, I encourage you to write three lists for yourself that will enable you to make your "out and about" evenings equally as magical.

LIST #1: YOUR EASY GO-TO'S



These will be places nearby that are easy to walk, cycle or drive to that give you the kinds of experiences you want for a low time and/or money investment.

Think: countryside walks, an elevated gym or health spa, a favourite café or juice bar, a favourite store that's open late, an evening meditation or yoga class, or a local cinema playing an inspirational film.

Aim to have at least five places on this list, and then you have a decent amount to play with and rotate across any given week or month.



LIST #2: YOUR NEXT LEVELS

This list is for the places and experiences that take you out of the easier, quicker or more comfortable options and invite you to grow, stretch or expand yourself or your world in some way.

Think: test-driving your dream car, going to a library and researching for that book you want to write, helping or volunteering for a charity or someone in need, going with a friend or partner to an "escape room" (so much fun!), visiting somewhere new, taking an evening class, or doing something you've always wanted to do or haven't done for years, and doing it.

Aim to start this list with at least ten items and keep adding to it as you think of new things you want to do or new places you want to visit.

LIST #3: YOUR ACCELERATORS



This list is one that you will draw from when you feel ready to really ramp things up. Realistically you may only draw from this list a few times per year when the desire, readiness or situation presents, but regardless, you definitely need this list! This list can be adapted for both home and away scenarios, and I encourage you to have both.

Think: staying overnight at a luxury hotel combined with a life-changing or unforgettable experience, visiting a special friend or family member and having an important or meaningful conversation with them that changes everything, travelling to a far-away location and investing your evening into something game-changing that moves your relationship, career, business, finances or other life goals significantly forward, or spending a night away from home with your journal, pen and PJs and dedicating four or more hours focused solely on strategising your way to one big dream.

When starting this list, start from where you are now. Consider your current position in life within the three key areas – health, wealth and happiness – and for each area write down 1-3 things you want to dramatically improve or transform within the next few months or a year. Your total list should amount to somewhere between 3 and 9 items.

For each item (goal) you've written down, clarify exactly where you are now, exactly where you want to be and within what time frame.

Once you've done that, re-order your list according to timeframe, with the thing you want the soonest at the top of your list.

Finally, taking each item one at a time, ask and answer the following question:

'From where I am right now, and thinking about where I want to be, what is the single most powerful thing I could do in 6 hours during an evening at home, that would make the biggest difference?'

Once you've answered that, ask this version of the question:

'From where I am right now, and thinking about where I want to be, what is the single most powerful thing I could do in 6 hours away from home that I could do in the evening, that would make the biggest difference?'

When you have each answer, write it down next to that item and move onto the next item on your list until you have at least one idea for *at home* and one idea for *away from home*, per goal.

You will then have two different options per goal and your Accelerator list will be complete!

In terms of working with this list, in an ideal world you will consciously plan in at least one of these evenings every 6-8 weeks. Obviously the more often you work with your Accelerator List the more progress you'll make, faster.

Who knew just how magical and transformative these last few hours of your day could potentially be!

One final note: be sure to invest as much thought and consideration into how you can have an incredible night's sleep to follow.

By eating lighter at night, and especially if you eat early in the evening, you may well find that you sleep better overall and even need a bit *less* sleep. That being said, as tempting as it may be, your magical evenings should *not* take away from your precious sleep time for more than a night or two on any given week! It would be such a shame to throw yourself a little too hard into your magical evenings, only to wake up feeling less than magical the following morning because you are so sleep deprived!

Nail this evening/sleep time formula through trial and experimentation, and you can absolutely set yourself up for weeks and months that transform your life more quickly and enjoyably than you ever thought possible.

Net result?

Even if you only put this concept into practice three nights of any given week, you won't recognise yourself or your life three months from now, and the possibilities for your life and your future as a whole become literally abundant and filled with endless possibilities.





CARROT & ALMOND LOAF

SERVES 8–10

This recipe is an absolute classic that will leave you feeling fresh, clean and satiated when served with a delicious fresh salad or veggies.

EQUIPMENT

Food processor

Dehydrator

INGREDIENTS

2 cups almonds or walnuts or pecans or any combination of these three. (Pre-soaked nuts give a more fluffy end result.)

2–3 large carrots

½ large onion or more to taste

1 large handful fresh parsley

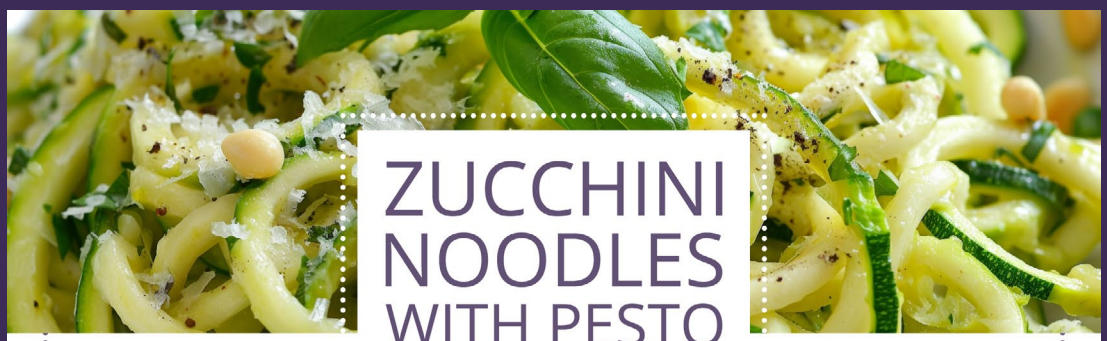
¼ cup lemon juice

1 teaspoon healthy salt

1 Tablespoon pure water if necessary

DIRECTIONS

1. Put all of the ingredients in a food processor and process until you have a very well-blended mixture.
2. Taste-test. Need more parsley or salt? Or perhaps you want to make a curry flavoured nut loaf, or maybe some other-themed recipe? Now is the time to add your extra seasonings to taste.
3. Shape into a loaf, either by hand, using a mould or a tin.
4. Serve fresh, as is, or partially dehydrate for a completely different flavour and texture.
5. Serve topped with a fresh sprig of parsley and a few remaining nuts for decoration.



ZUCCHINI NOODLES WITH PESTO

SERVES 2

This wheat-free spaghetti recipe is made using delicious fresh ingredients that will leave you feeling truly satiated minus the heavy stuffed feeling that often comes with eating conventional pasta.

EQUIPMENT

Blender

Spiralizer

INGREDIENTS

3 courgettes (zucchinis)

1 ripe avocado

1 cup fresh basil

¼ cup pine nuts

2 Tablespoon lemon juice

1 garlic clove

Optional: Roasted cherry tomatoes or olives

DIRECTIONS

1. Blend avocado, basil, pine nuts, lemon juice, garlic and salt to make the pesto.
2. Spiralize the courgettes (zucchinis) into noodles.
3. Toss zucchini noodles with the pesto.
4. Top with roasted cherry tomatoes or olives for a Mediterranean twist.



CHICKPEA STIR-FRY WITH SPINACH AND GINGER

SERVES 2

Super quick and delicious, this tasty stir-fry can be enjoyed on its own or served over a base of quinoa or rice.

EQUIPMENT

Sharp knife + cutting board
Sauté pan

INGREDIENTS

1 can chickpeas (garbanzos), drained and rinsed
2 cups spinach
1 Tablespoon grated ginger
2 garlic cloves, minced
2 Tablespoons soy sauce
1 Tablespoon sesame oil
1 Tablespoon sesame seeds
Cooked quinoa or rice, for serving

DIRECTIONS

1. Heat sesame oil in a pan. Add garlic and ginger, sauté for 1 minute.
2. Add chickpeas, soy sauce, and spinach, cooking until spinach wilts and chickpeas are heated through.
3. Serve over quinoa or rice and sprinkle with sesame seeds.



CREAMY LEMON GARLIC PASTA

SERVES 2

If you're looking for a quick, delicious, filling and somewhat decadent main meal that combines gorgeous flavours and textures and combines cooked and raw, this yummy pasta dish will hit the spot!

EQUIPMENT

Sharp knife + cutting board

Blender

Sauté pan

INGREDIENTS

300g pasta of choice

1 cup raw cashews (soaked for 2 hours)

1 clove garlic

1 lemon juiced

2 cups spinach

½ cup pure water

Optional: Roasted tomatoes or mushrooms

DIRECTIONS

1. Cook pasta according to package instructions.
2. Blend the soaked cashews, garlic, lemon juice, salt, and pepper with ½ cup water until smooth.
3. Sauté spinach in a pan until wilted, then add the cashew sauce and toss with cooked pasta.
4. Top with roasted vegetables and enjoy!



SWEET POTATO & BLACK BEAN TACOS

SERVES 4

This hearty and filling main course will satisfy any tastebuds that are yearning for something multi-dimensional and delicious!

EQUIPMENT

Sharp knife + cutting board
Baking sheet

INGREDIENTS

2 medium sweet potatoes, diced
1 can black beans, drained and rinsed
1 teaspoon cumin
1 teaspoon chili powder
1 avocado, sliced
Juice of 1 lime
Soft tortillas

DIRECTIONS

1. Toss the sweet potatoes with cumin, chili powder and olive oil.
2. Put in oven and roast at 400°F (200°C) for 20-25 minutes.
3. Warm the black beans in a pan.
4. Assemble tacos with roasted sweet potatoes, black beans, avocado slices and a drizzle of lime juice.



SPICY LENTIL SOUP

SERVES 4

This delicious soup is a fabulous comfort meal packed with hearty, healthy ingredients. Perfect as a light main meal or served as an appetiser on hungrier days.

EQUIPMENT

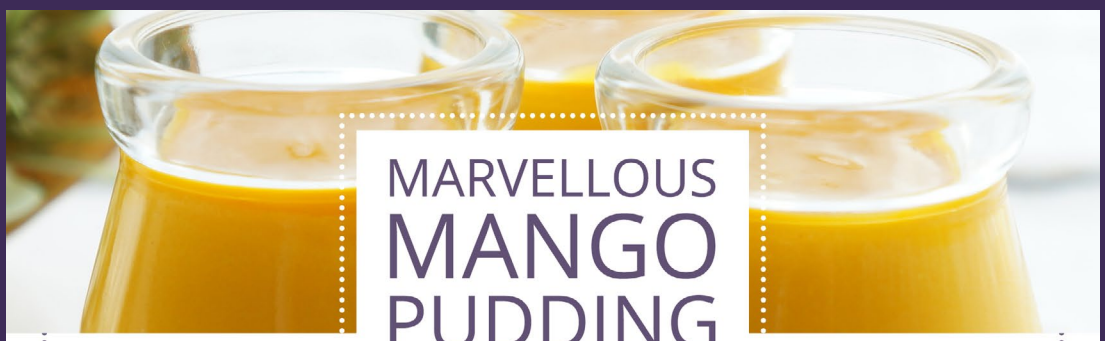
Sharp knife + cutting board
Soup pot/saucepan

INGREDIENTS

1 cup red lentils
1 onion, chopped
2 garlic cloves, minced
1 teaspoon cumin
1 teaspoon paprika
1 can diced tomatoes
4 cups vegetable broth
Salt and pepper to taste

DIRECTIONS

1. Sauté onion and garlic until soft.
2. Add cumin and paprika, stirring for 1 minute.
3. Stir in lentils, tomatoes, and broth.
4. Simmer for 20-25 minutes until lentils are tender.
5. Optional: Serve with crackers or bread of your choice.



MARVELLOUS MANGO PUDDING

SERVES 2–4

This fruity, frozen dessert is delicious, tangy and refreshing and will make your taste buds come alive. It's especially wonderful on a hot summer's day.

EQUIPMENT

Blender OR Food processor
Sharp knife + cutting board

INGREDIENTS

4 cups frozen mango chunks
1 fresh peach OR nectarine
1 ripe banana
2 Medjool dates
1 passion fruit
OPTIONAL: 1 passion fruit
OPTIONAL: 4 strawberries

DIRECTIONS

1. Prepare and chop all of the fresh fruit, then place in the bottom of your blender or food processor.
2. Add in the frozen mango chunks, then process the whole batch until well combined and a thick, ice-creamy mixture is created.

★ PLAYSHEET 2



YOUR EVENING MEALS - REINVENTED

After reading this issue's Feature Article and reflecting on your seven most recent evening meals via Playsheet 1, you may now find yourself ready to consider what *your* evening meals reinvented might look like.

If you've already worked with Issue 15 to reinvent your lunches, then you'll know what I'm talking about. If not, no worries, for the evening meal we put a slightly different spin on things.

On the next few pages you'll find some fun prompts and questions for you to answer. These are designed to help elicit what would best work for you when it comes to reinventing your evening mealtimes in the way where they can be everything I referenced previously.

When playing along, also keep in your awareness whether you want to distinguish between weekdays and weekends – *or not*. I say this, because you might find it easier or more important to keep to a certain structure during the week because of personal or professional circumstances, or you might have certain parameters you might need to work within on some days but not others. All that to say, you can choose two very different approaches and apply them on different days of the week. The most important thing is that whatever you choose, you can make it work for your current life while helping you step closer towards the version of your life – and your diet - that you most want to step into.

INSTRUCTIONS

Simply read the prompts and questions below and give your most honest and thoughtful answers.

You'll have space at the end of this exercise to pull various ideas together that excite you and to then consolidate them into your new weekly plan.

Historically, what things have you consumed at the end of your busy day as a way to celebrate, "draw a line under" or treat yourself once your work is over? (Include food and drink.)

Of the above which ones have been working against your goals and desired outcomes?

ITEM 1		ITEM 6	
ITEM 2		ITEM 7	
ITEM 3		ITEM 8	
ITEM 4		ITEM 9	
ITEM 5		ITEM 10	

When you look at your list above, what is the specific feeling or association that each item represents to you? (E.g. pleasure, reward, treat, happiness, relaxation, sedation, comfort.)

ITEM 1		ITEM 6	
ITEM 2		ITEM 7	
ITEM 3		ITEM 8	
ITEM 4		ITEM 9	
ITEM 5		ITEM 10	

What are healthier options that you could use to replace each item on your list with that are also aligned with your Eat Cleaner goals and will keep your energy high and fresh for the evening time ahead?

ITEM 1		ITEM 6	
ITEM 2		ITEM 7	
ITEM 3		ITEM 8	
ITEM 4		ITEM 9	
ITEM 5		ITEM 10	

What needs to be true of your evening meals when it comes to how much time and effort they take to prepare, eat and clear up from?

Time:

Effort:

Bearing in mind your criteria, what are the new evening meal options that are now a perfect fit for you? NOTE: Bear in mind that if they meet your time criteria, you can also include healthy take-out, restaurant dining or other options aside from making your own meals at home. Also, bear in mind that pre-prepping meals ahead of time, or buying things already prepared can save a huge amount of time and energy when the time comes.

What other types of feelings or would you like to feel at night to feel the way you want to feel that you haven't already listed? (E.g. peaceful, meditative, thoughtful, reflective, pampered, indulged, heard, seen, playful, connected.)

What does a perfect evening meal table setting or eating situation look like for you? (Feel free to think outside the box!)

Describe the beginning, middle and end of a perfect evening meal.

What would you love to incorporate in your evening meal experience that is currently missing?

What hobbies, interests, goals, projects or tasks would you love to focus on in the evenings that would improve the quality of your life and/or progress your Live Larger goals?

Now it's time to pull it all together!

Look back at the list of emotions you wrote down on pages 27 & 28, and insert each one into the header area of a different section on page 31, so it effectively becomes a title.

Then, referring back to your answers on the previous pages, use the next page to list out different menu plans and activities that you would love to enjoy in the evening and the way you think each one would make you feel.

Finally, look at the emotions you already wrote down on page 31 and insert the corresponding menu plans and activities that match that feeling until you have filled all boxes.

Et voila! When you have finished, you will now have some very clear and specific evening meal and activity plans that will give you the feelings you've been looking for at night and that will keep you in alignment with everything you want to create for yourself in diet, body AND life. You'll definitely want to keep this page pinned up in your kitchen or attached to your fridge! Your evenings – and life – will be forever transformed!

Meals And Activities I Love

Use this page to braindump ideas for complete evening menu plans – all food and drink you want to consume as well as the activities you'd love to do. Jot how each menu/activity would make you feel in the box below.

MENU IDEAS

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

ACTIVITY IDEAS

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

This would make me feel:

Evenings I would Adore



Your New Week in Evening Meals

Now it's time to take the prep work you've done and turn it into a new weekly plan. If you're ready to jump right in, be my guest, but of course you can also use this plan simply to explore ideas and how they might look on a week-to-week basis. Another option is to design a "dream week" when it comes to evening meals and challenge yourself to live your plan for a week, no matter what. You will for sure have some really wonderful experiences and you'll learn a lot about yourself along the way. Ultimately, the end goal is to do whatever you need to do to turn your evening mealtimes into the magical bridge of your day – the meal that enables you to celebrate the day so far – in style - and that also sets you up for an evening to feel just as great about.

Use the space below to create a mini vision board for yourself of what you'd like to consume in the evening, places you'd like to go, and settings, moods and experiences you'd love to enjoy.

My New Week In Evening Meals

	WHAT YOU'LL EAT & WHERE	POST-DINNER LOCATION & ACTIVITY	HOW IT WENT
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			