



Know Your Nutrition Starter Guide & Recipe Book



Know Your Nutrition

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Know Your Nutrition
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Let's get started

About

We want you to stop guessing, stop comparing and living your best life.

There is no quick fix, no secret diet, we do not want to restrict you, or set you up to fail. We just want to give you simple sensible nutrition advice to meet your health and wellness goals to live your best life.

Our philosophy is to eat and enjoy whole, nutritious foods 80% of the time, the other 20% eat whatever you fancy, enjoy your meal out, your dessert, and do not feel guilty about a little indulgence. We want you to understand your body, your needs, and for you to enjoy your life.

I know you, you **ALWAYS** put the needs of those around you first. Why? Because you love them. But my friend, who is looking after **YOU**? You cannot be everything to everyone **ALL THE TIME**. It causes **BURN OUT, ADRENAL FATIGUE** and **WEIGHT GAIN**.

That is what I am here to help you with. Let us get you:

- Feeling energized
- Hitting your health and weight goals
- Keeping up with the kids
- Ditching the brain fog

I am a Certified Biochemist, Nutritionist & Health Coach with a passion for helping others. The information in this eBook is for education purposes only as I have not considered your personal circumstances as your nutritional advisor or health coach.

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Nutrition Education

Macronutrients

Carbohydrates, for every 1g we receive 4 calories of energy. Carbohydrates are the bodies go to energy source. Your body breaks down these carbohydrates into sugars which are then absorbed into the blood stream. As your blood sugar levels rise, your pancreas will release insulin to help the cells uptake this sugar to be used as energy. Carbohydrates are needed for brain function, mood boosting and can help with weight loss, not hinder. But you do need to make sure you are consuming the **RIGHT** carbohydrates.

Fat, for every 1g we receive 9 calories of energy. This is the most concentrated of the 3 energy sources. When restricting carbohydrates, fats are the next preferred source of energy, your body will break down the fats into ketones which the body then uses for energy, and this process is called ketosis. Fats are great for vitamin absorption, hormone regulation and brain function. Don't fall into the misinformation that fat makes you fat. It is simply not the case.

Protein, for every 1g of protein we consume we receive 4 calories of energy. Protein for energy is used when your body is lacking carbohydrates or fats. When proteins are ingested, they are broken down into amino acids, majority of these amino acids are then used by the body to build muscle and repair tissues. Proteins are great to help you feel fuller for longer. Protein is not stored by the body; therefore, it is not converted to fat for later energy use.

Micronutrients

Micronutrients are essential elements that we require to maintain good health, DNA replication and repair, hormone production, detoxification and just about every bodily function you can think of. We only require these in small amounts, and in most part, we can obtain these from a balanced and varied diet.

However, in some cases, we may not have good biochemical pathways to deliver these nutrients, our guts may not be absorbing them correctly, and in these cases, supplementation may be required.

Micronutrients include:

- Minerals - These are elements you may have heard of such as calcium, magnesium, sodium, potassium and phosphorus.
- Trace Minerals - Iron, selenium, zinc, copper, and manganese.
- Vitamins - A, B's, C, D, E, K, Choline, Carotenoids.



Gut Health

Your digestive system accounts for more than 70% of your immune system. Plus, this is the point where the nutrients get extracted from the foods you eat and absorbed. We want this to be working properly. It is important that you have the correct number of good and bad bacteria. I recommend taking a daily probiotic supplement found at your local chemist.

Tips for improving your gut health:

- Eat mindfully, chew each bite, and think about the flavours, textures and the nutrients you are getting from each bite. Turn off the TV and put away the phone.
- Avoid tea and coffee with meals
- Leave the wine until after your main meal
- Eat raw fruits and vegetables where possible

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- Start your day with our KYN morning elixir
 - Consider slippery elm supplement

Hydration

Every part of our body needs water to function. Do not under-estimate it. Water helps us with so many things:

- Improved energy
- Efficient digestion
- Fewer headaches
- Less fatigue
- Better detox
- Effective waste removal

Have a bottle of water with you at all times. Aim to drink 2L by lunch time, and another 2L by 7pm, slow down after this, so you do not need a bathroom trip overnight. Drink before every meal and avoid drinking tea and coffee with meals as this affects digestion. If plain water does not excite you, try chopping some fruits to infuse the water, lemon, cucumber, mint and berries are perfect for this.



Exercise

Try to move your body for 30 minutes each day. Do this in a way that you enjoy and a time that works for you. Mix it up, or stick to what you enjoy:

- Walking
- Jogging/Running
- Yoga/Pilates
- High Intensity Interval Training
- Weights & Resistance
- Swimming
- Hiking

If you really do not like to exercise, try being sneaky, 10 squats every time you walk into the kitchen, and an extra 5 if you open the fridge. Keep a tally on your fridge for fun.

Fasting

While we do not recommend fasting in all cases, or for large period of time, there are definitely some benefits to fasting for some people.

Fasting includes eating an early dinner between 5 and 7pm, and then fasting through to breakfast in the morning, trying to go 12 hours without eating food. Water and herbal tea is permitted over this time period.

Try to eat your last meal or snack 3 hours prior to your bedtime. Benefits of fasting (if suitable for you) include:

- Can help with weight loss
- Improves insulin sensitivity
- Speeds up metabolism
- Improves the immune system
- Can help with sleep
- Benefits with digestion

Suggested timings for eating meals:

6am – Wake

7:30am – Breakfast

9:30am – Healthy snack

12noon – Lunch

3pm – Healthy snack

6pm – Dinner

6:30pm – After Dinner snack/Healthy dessert

9:30pm – Bed



Stress Management

Life is busy, making time for yourself is a lot easier said than done. Remember to put your own face mask on before assisting others. You are no good to anyone if you are running yourself into the ground.

- Schedule “You” time in your calendar, even if its 15 minutes a day
- Look for something that you can switch of completely
- Meditation

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- Singing in the shower
 - Cuppa and a book before bed
 - Gratitude diary, write 3 things at the end of the day that you are grateful for
 - Turn off social media notifications, schedule times during the day to check it, and if you really are affected by social media, just get rid of it, the world will keep spinning, I promise.

Sleep

Sleep is especially important to your health, your digestion and your circadian rhythm. Good sleep hygiene will help with your overall health and wellness.

- Go to bed and wake up at the same time every day (weekends included)
- For the mums out there, sleep when you can, and get back into a routine as soon as your children let you.
- Do not use phones/computers or watch TV within 1 hour of going to bed. Reading a book, stretching or a bath is perfect to fill this time.
- Try to get exposure to light as soon as you can in the morning, open the curtains, go outside for a quick walk, or play with the kids outside for 5 minutes after breakfast.
- Avoid caffeine after 10am.
- Ensure your room is dark and avoid blinking lights, or TV standby lights where possible.



Keeping on Track

- Book in with me for health coaching or nutrition consulting
- You do not have to measure everything perfectly, do what works for you and your taste buds.
- Swap if it is easier, if the recipe calls for kale, and you have spinach, swap it, if it's a similar fruit or veggie, and swap it in, better than wasting food.
- Eat organic when you can, but do not worry if you can't, fruit and vegetables of any kind are better than not at all.
- Shop for the week, buy everything so that you are not tempted to go back to the supermarket mid-week.
- Snack Healthy
- Write down the nutritious foods you enjoy, and start there
- Food preparation pick your meals for the week (make bulk where possible) and do your shopping in one go on a day that works for you.



Simple Easy Recipes

Make sure you tag me in your creations I love to see them.

Breakfast

KYN Morning Elixir – take on an empty stomach (first thing, or prior to bed)

½ teaspoon turmeric

10g of L-glutamine

Squeeze of fresh lemon juice

1 teaspoon of apple cider vinegar

Add water to taste

Stir all ingredients and slam it down fast.

Quinoa porridge

1 cup of almond milk

1 cup of water

½ cup of quinoa

2 chopped apples with skin

½ teaspoon of cinnamon

1 teaspoon vanilla extract

Toppings: berries or banana

Combine quinoa and water in a pot of medium heat and bring to the boil, reduce the heat, and add the remainder of the ingredients, cook for 5 minutes until a creamy consistency. Serve with favourite berries or banana on top.

Chia jam on toast

½ cup chia seeds

1 cup berries of your choice

½ cup water

2 pieces of wholegrain toast

Add chia seeds, berries, and water into a saucepan over medium heat and simmer while stirring constantly for 10 minutes. Once thickened to consistency, remove from heat, and allow to cool.

TIP. Make the jam once, store it in a glass jar in your fridge for 1 week. It can also be used to sweeten smoothies and top pancakes.

Out the door smoothie

2 bananas

1 cup of spinach

2 cups of milk of your choice

1 teaspoon of lemon juice

I use soy or almond milk. Aim for organic. Add all ingredients into blender and process until smooth. I also add a scoop of protein.

EAT

1 egg (poached or boiled)

¼ avocado

2 pieces of wholegrain toast (GF Toast option)

Add a squeeze of lemon, or a touch of goat's feta for something different.

Granola

2 cups of mixed seeds (cashews, flaked almonds, walnuts, goji berries)

½ teaspoon of cinnamon

7 dates, chopped

½ cup melted coconut oil

2 tablespoons of raw honey

1 banana mashed

Preheat oven to 170 degrees Celsius, or 150 degrees Celsius for fan forced. Mix seeds with cinnamon and dates. Pour coconut oil and honey over the mixture. Stir well, mash

the banana, and mix into the seed mix. Spread over a lined tray and bake for 10 minutes, remove, and stir and replace for another 10 minutes or until golden brown.

Pancakes

1/3 cup of rice flour (can change to other flour if you like e.g. buckwheat)

1 tablespoon of your favourite protein powder (I use The Wellness Co Vanilla Powder)

1/2 teaspoon of baking powder

1 tablespoon Maca Powder

1 egg or 2 egg whites

1/2 cup of non-dairy milk (I use Pureharvest Malt Free Soy)

1 teaspoon of rice syrup (or sweetener of your choice, e.g. honey, maple syrup, or you could use stevia)

1/3 cup of water

Mix all ingredients well in a bowl and pour into a frying pan coated with coconut oil to reduce sticking. On a moderate heat, wait until you can see lots of air bubbles appearing and then flip for 2 minutes and serve. Toppings can be your choice, Rice Syrup, Banana, Raspberries, Mixed unsalted nuts including almonds and cashews.

Fruit salad

1 banana

1 apple

1 pear

½ cup of mixed berries

Squeeze of lemon

Cut into sections and serve.

Omelet

2 eggs

½ cup of milk of your choice

Diced vegetables of your choice (whatever is in the fridge)

Recommend: tomato, red onion, parsley, spinach, kale, and olives

Keeping it simple toast

2 pieces of wholegrain bread

Choice of spread (avocado, almond or peanut butter topped with banana or berries)

Lunch

Chicken, kale, and rice nourish bowl

1 tsp of coconut oil
100g of chicken
½ teaspoon turmeric
½ teaspoon of basil
½ cup brown rice
2 kale stems

Bring 1.5 cups of water to the boil, add rice and cook for 30 minutes. Prepare kale, tearing the leaves into sections. Heat frying pan over moderate heat and add coconut oil. Cut chicken into pieces as desired, add to pan, and add turmeric and basil. Cook each side until no pink is showing, generally 5-8 minutes each side. Add kale and sauté for further 5 minutes on reduced heat.

Serve in a bowl.

Tuna wrap

1 wholegrain wrap
1 small can of tuna in Springwater
½ tomato diced
2 iceberg lettuce leaves

Place into wrap and serve.

Turkey sandwich

2 slices of turkey
2 slice wholegrain bread
½ tomato sliced
1 slice of cheese (vegan cheese if dairy free)
¼ cup of cucumber sliced

Build sandwich and serve.

Coyo and berries (can also be breakfast)

1½ cups of natural coconut yogurt.

½ cup of berries

TIP, make it the night prior and let the berries infuse the yogurt.

Chicken salad (can also be dinner)

100g of roasted chicken (buy one from the supermarket, or roast yourself)

1 cup of lettuce of your choice

¼ cup of olives-pitted

½ tomato diced

½ cucumber sliced

½ cup of beetroot either grated if fresh or sliced if canned.

TIP, use the fresh salad ingredients you have on hand, there is no right or wrong here.

Chicken cups (can also be dinner)

4 cos lettuce cups

100g of roast chicken (buy one from the supermarket, or roast yourself)

¼ cup of olives- pitted

½ tomato diced

½ cucumber sliced

1 teaspoon tahini for sauce

Set our lettuce cups on plate, and build ingredients from there, spreading each evenly.

Dinner

Pizza

1 wholegrain wrap
½ cup mozzarella (or vegan cheese if dairy free)
½ tomato sliced
½ cup olives
½ cup spinach
2 tablespoons of tomato paste
100g of roasted chicken

Build pizza, starting with wrap, paste, cheese and then top with other ingredients. Place in oven for 5 minutes or until cheese has melted, and chicken successfully reheated. Have the whole family join in for “make your own pizza night”.

Pasta – serves 4

4 cups of organic penne or pasta of your choice. I choose spelt.
1 can diced tomato
1 garlic clove, chopped.
½ capsicum any colour, diced.
½ red onion, diced
1 cup baby spinach

Cook pasta as per packet instructions. Heat a non-stick fry pan, add diced tomatoes, garlic, capsicum and onion. Stirring regularly, cook over medium heat for 10 minutes. Remove from heat. Strain pasta mix both sauce and pasta in bowl. Serves 4, for the whole family, or save some for meals during the week. Can serve with salad to stretch the meal further.

Salmon and salsa

1 salmon fillet
1 cucumber, diced
1 tomato, diced
½ red onion, diced
1 squeeze lemon
½ teaspoon coconut oil
½ teaspoon turmeric

Heat fry pan of medium heat and add coconut oil. Place salmon skin down, add turmeric to side facing up and cook for 3-5 minutes. Turn and repeat on the other side for 3-5 minutes, until cooked through. While salmon is cooking, dice, cucumber, tomato, red onion in a bowl, add a squeeze of lemon. Place salmon on the plate, and top with salsa.

Vegan Nachos

Packet of organic corn chips
1tsp olive oil
1/2 brown onion diced
1 garlic glove crushed
1tbsp paprika
1tbsp chili powder
1tsp cumin
pinch of salt
pinch of cayenne pepper
1 tin diced tomatoes
1 tin lentils
1/3 cup of cucumber diced
1/3 of a cup of red capsicum diced
1 cup tomato diced
1/2 lemon to juice
1/2 avocado

Heat pan over medium heat, add olive oil, garlic, and onion. Stirring occasionally until onion is clear or cooked to your liking and add additional spices. Add the lentils and diced tomatoes and stir through. Leave to simmer 20 minutes on low to medium heat.

While simmering the spiced lentils, dice cucumber, red capsicum and tomato for the salsa, squeeze lemon juice and set aside.

Once cooked, serve corn chips in bowl, top with lentils, salsa, and avocado to taste. Add cheese of your choice if you wish.

White fish and sweet potato chips

1 basa fillet

2 tsp coconut oil

1 tsp curry powder

½ sweet potato

Heat fry pan of medium heat and add coconut oil. Wash sweet potato and cut into slices, leaving skin on, add to frying pan and dust with curry powder. After 5 minutes, add basa fillet, cook for further 3-5 minutes. Turn potatoes and fish and repeat on the other side for 3-5 minutes, until cooked through.

Snacks

Chocolate Protein Balls

1 cup of dates (pre-soaked for 15 minutes if dried)

2 tablespoons of almond butter

½ cup of cashews

1 tablespoon cacao powder

2 tablespoons of water

Blend all ingredients, adding the water slowly until a stick consistency, if the mixture becomes too wet, add additional cashews, or almond meal if you have on hand. Roll tablespoons of the mixture into balls, place into container and refrigerate.

Veggie Sticks

1 carrot and 1 celery stick chopped, with almond butter or hommus.

Fruit

Any fruit, just be sure to eat fruit 1 hour either side of main meals to aid digestion.

Yogurt (Natural, Greek or Coconut)

100-150g of yogurt

Trail Mix

10 cashews, 10 almonds, 10 walnuts, 10 goji berries.

Dark Chocolate

70% or higher Aldi do a great organic brand. Or Lindt is also fantastic.

Caramel Slice

Base 2 cups of pitted dates- fresh if you can, but dried is fine, just give them a soak for 5 mins and drain excess water before using.

2 cups of macadamia nuts (can substitute almonds if preferred)

1 teaspoon vanilla extract

½ cup of coconut oil

Using a food processor mix the above ingredients until they are in small pieces, be careful not to over process or you will end up with particles too fine which will be difficult to hold together. If you do over process add some more coconut oil to help keep things together. Put in a chosen dish or patty pan and refrigerate for 20 minutes.

Caramel middle

1 cup of pitted dates (if fresh use as is, if packet, soak for 10 minutes to soften)

1 cup tahini

1 cup of cashews (soak in water for 10 minutes)

½ cup of rice syrup

½ cup coconut oil

¼ cup of water

2 teaspoons of vanilla extract

¼ cup of maple syrup

Using a food processor mix the above ingredients until they are smooth in consistency. Then spread across tray or place a heaped teaspoon into each patty. If you find your base moving while you are trying to spread the middle, using a brush, brush coconut oil over the base and freeze for another 10 minutes before adding the middle. Once the middle has been added freeze for 10 minutes.

Chocolate Top

1 cup cacao powder

½ cup coconut oil, melted

¼ cup maple syrup

¼ cup rice syrup

¼ cup water

Place all ingredients into a bowl and stir well, if you have time you can even heat in a saucepan for a few moments. Once mixed thoroughly pour across tray and spread evenly, or teaspoon into individual patties. At this stage you can sprinkle cacao nibs, goji berries, nuts etc. as you wish to give it something extra. Put in the freezer for 2 hours.

After 2 hours you will be able to cut up the slice if it is in a tin and refrigerate.