



# HEALTHY KICKSTART 2023

Kick off 2023 with our healthy lifestyle tips and nutritious recipes - all Nutrifit approved!

 Nutrifit



WATERFRONT  
WELLNESS





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# Hello

## AND WELCOME TO YOUR **HEALTHY KICKSTART 2023!**

At Waterfront Wellness, we believe that great nutrition can optimize your health in a powerful and meaningful way. It improves your mood, hormone balance and sleep. It boosts your immune system, prevents disease and increases your resilience to stress. You'll see positive changes in body composition, focus and productivity. In fact, there isn't a single thing that doesn't get better when your nutrition does too. So, what are you waiting for?

Over the next few weeks, we're offering everyone in our local community the support they need to get their nutrition on track. We've outlined six healthy habits for you here – these are things that we all do (most of the time!) in our everyday lives that have worked for us. We've included lifestyle tips because not only do things like less stress and better sleep mean that you're better able to stick to your nutrition goals, but these things also have a wider, positive influence on your well-being as a whole.

Rather than focus on a big list of things to avoid, we're going with a crowd-it-out approach. We're encouraging you to put so much time and effort into trying all these great new recipes and tips, that there will simply be less time for the junk and bad habits. We've included economical substitutions to keep everything as accessible as possible. Join us for an introductory chat on Tuesday 3<sup>rd</sup> January (register at [www.waterfrontwellness.bm](http://www.waterfrontwellness.bm)) and on WhatsApp for daily support. We're excited to get started!

Yours in Good Health,

Catherine and the Waterfront Wellness Team

Catherine Burns  
Nutritional Therapist  
BA Hons, Dip ION, mBNTA

SCAN HERE TO JOIN THE  
WHAT'S APP GROUP! →



# OUR SIX ESSENTIAL HEALTHY HABITS

Many people do really well in one or two of these areas, but struggle with the rest. The truth is, they are all important. What can you add in to your routine over the next few weeks to take your health up a notch?

## Hydration

### DID YOU KNOW?

- If you feel thirsty - you are already dehydrated,
- If you are even a little dehydrated - sports performance will be seriously impaired,
- Dehydration can contribute to false appetite signaling, cravings for junk, migraine headaches and even increases your risk of heart attack/stroke, and
- The first sign of dehydration in general is fatigue.

**GOALS** Drink enough fluids through the day to keep your urine pale yellow. Drink most of this in between meals. Feeling tired? Have a glass of water before you reach for a cup of coffee or a snack.

**TIPS** Sparkling water, herbal teas and healthy electrolytes (e.g. Nuun) can all be part of a healthy fluid intake. If you drink herbal teas with citric acid, rinse with water afterwards to protect your tooth enamel. If you drink flavoured waters, avoid artificial colours, flavours and sweeteners. We like Spindrift and Waterloo best but we will be also be sharing tips on how to make your own infused water.

## Balance your blood sugar

Well balanced blood sugar is key to preventing an accumulation of visceral fat. Visceral fat is a more liquid layer of fat wrapped around organs on the inside of the body. It can contribute to visible weight gain (but not always; thin people sometimes have a lot.) The bigger concern is that visceral fat generates chemicals that contribute to the development of chronic diseases such as heart disease, diabetes, cancer and even Alzheimer's.

The good news is that eating in a way that balances blood sugar is easy AND it significantly improves energy, mood, focus, concentration, appetite control and hormone balance.

### NOTE

If you have diabetes or pre-diabetes, you must follow dietary guidelines given to you by your doctor or Registered Dietician.

### GOALS

- Avoid refined carbs (e.g. white rice/flour) and sugars (e.g. regular cookies, candy, ice cream.)
- Include more savory breakfasts (e.g. an omelet or avocado on toast.)
- When you have a sweet breakfast, make sure you include protein (for example, add nuts to cereal, add collagen to oatmeal/fruit, or protein powder to a smoothie.)
- At lunchtime and dinner, eat most of your veggies and protein first, before the carbs.
- Always make sure that half your plate at lunch and dinner is non-starchy vegetables such as broccoli, green beans, peppers, asparagus, zucchini, leafy greens, onions, mushrooms and cauliflower. (Carrots, corn, pumpkin and butternut squash are starchy so they don't count!)
- Wash rice before cooking and rinse with boiling water from a kettle after cooking, in order to remove excess starch.
- When you make starchy carbs like rice, potatoes, pumpkin, squash or pasta, try and leave enough time to allow them to cool, refrigerate for 20 minutes and then reheat them. This process helps create resistant starch which is easier on your blood sugar.
- Be informed! Check your visceral fat level using InBody technology at Waterfront Wellness. Free for members or just \$25 for Kickstart participants.

**TIPS** Bulk cook starches so that you don't always have to leave time for them to cool and chill. Store extra portions in the fridge or freezer and then just heat them up as you need them. Note that you shouldn't store cooked rice for longer than two days in the fridge, but it is ok to freeze it.

## Sleep

You can sleep your way to better health. Deep sleep:

- Promotes cellular repair (anti-aging and disease prevention),
- Helps you store learned information in your long-term memory,
- Reduces cravings for carbohydrates, and
- Boosts your immune system significantly.

**GOALS** Aim to get at least 7 hours sleep a night. Monitor your deep sleep cycles (REM) using a fitness device or App to check you are getting sufficient REM sleep.

**TIPS** You can improve the duration of REM sleep by doing deep breathing or meditation before bed. Magnesium (depleted by stress) is often helpful for improving sleep so supplements can be useful. Our Sleep Well and Elderberry formulas are also very effective! Put down devices and switch off the TV an hour before bed as this over-stimulates the adrenal glands, interfering with restful sleep.

## Breathe deeply / meditate

### DID YOU KNOW?

- Deep breathing and meditation can significantly reduce stress, improving resilience and boosting the immune system,
- They improve focus and concentration through the day, and
- People who do well in this area tend to have better and prolonged REM sleep.

**GOALS** Start with a 5-minute meditation at the beginning or end of every day. Practice the 4-7-8 breathing technique every night when you're in bed, just before going to sleep. We will share a 4-7-8 video with you in the WhatsApp chat!

**TIPS** These habits can be hard to establish, especially for those with busy/racing minds. You might find guided meditation apps easiest (such as Calm or Balance) or try a yoga class that includes a short meditation at the end. Some people meditate on the move! Just try being more mindful when you are out in nature.

## Exercise

Exercise is amazing for improving body composition - increasing muscle mass and reducing overall percentage body fat. It also:

- Improves bone density,
- Boosts the immune system,
- Improves sleep,
- Nourishes the nervous system (better mood, less anxiety), and
- Produces chemicals that improve the efficacy of insulin.\*

*\*This results in better blood sugar control, meaning that exercise is useful for diabetes prevention, over and above any impact that it has on weight.*

**GOALS** Try to get moving every day, even if it's for a short walk. Get outside in the fresh air and leave your phone behind (or don't check it) for a digital break.

**TIPS** Walking in bare feet on the sand or grass is especially grounding and has surprising benefits for reducing stress and improving relaxation. Find exercise that you enjoy - keep trying different things until you find something you love. It's easier to maintain a habit you like. If you are not already a member, we'd love to show you round Waterfront Wellness to see if it's a good fit for you!

## Reduce your exposure to environmental chemicals

Your body has an amazing inbuilt detoxification system, but it's easily overloaded: exhaust fumes, air fresheners, cleaning sprays, perfumes, body lotion, sunscreen, hair products, make up, chemicals in junk-food, pesticides on produce... these are just some of the things that need to be detoxified.

### GOALS

- Replace some regular cleaning products in your home with more natural alternatives,
- Wash your produce before you consume it,
- Eat more fruit and vegetables - the fibre and antioxidants help remove excess toxins from your system, and
- Test out some natural body care or cosmetics.

**TIPS** You can make a cheap and effective glass cleaner using 50% water, 50% white vinegar in a spray bottle. Use newspaper with this as a cloth (the carbon absorbs grease on glass.) We'll be sharing more tips like this on the WhatsApp chat. Look in Miles for the Common Good cleaning products and the Weleda, Think and Toms of Maine body care products.

## RECIPES >>>

all recipes are dairy-free and gluten-free



# Green Smoothie Muffins

## Green Smoothie Ingredients

- 4 cups fresh baby spinach, packed
- 1 cup frozen banana slices, defrosted
- ¾ cup room temperature almond milk (suggest Elmhurst, milked almonds)
- ¼ cup maple syrup
- 1 large egg
- ½ cup extra virgin coconut oil, melted

## Dry Ingredients

- 2 cups Bobs Red Mill Paleo grain-free baking flour \*
- 1 ½ tsps cinnamon
- 2 tsps baking powder
- ½ tsp baking soda
- ½ tsp salt

\* Note  
could use wheat flour, but choose white wheat if you want to keep the bright green colour! The paleo one is good for adding protein.

## SUBSTITUTIONS

- Frozen banana** - fresh banana but make sure it's very ripe
- Elmhurst almond milk** - any regular milk, unsweetened almond milk or Good Karma flax milk.
- Maple syrup** - honey
- Grain free baking flour** - whole-wheat or white wheat flour

Preheat the oven to 350F

Prepare muffin cases by placing them in tins and if necessary, spraying with non-stick spray. You can also use mini-muffins if you like and adjust cooking time as per below.

In a large bowl, hand whisk the dry ingredients together so they are well blended.

Melt the coconut oil in a small pan on the stove top.

Whizz all the green smoothie ingredients except the coconut oil together in a blender or bullet.

Open the blender/bullet, add the coconut oil and whizz again. Make sure you remeasure the coconut oil once melted as the cold/warm measurements sometimes change! (When coconut oil hits cold/frozen ingredients it can go lumpy - this is why we have the bananas and the almond milk at room temp. If this happens to you, just wait for the mix to warm a little and blend again.)

Hand whisk the smoothie ingredients into the dry mix gently. Don't over mix.

Fill cases two-thirds full and bake for approx. 20 mins (regular size) or 17 mins (mini size.) Muffins should be firm but bouncy. They shouldn't brown much at all on top!

## TIPS

These are great as breakfast or a snack for the whole family. However we would serve with a little extra protein - e.g. a small handful of nuts or scrambled eggs!





VEGAN GF DF

MAKES 1 CUP / 50 MINS

Includes roasting beets

# Roasted Beet Hummus

## Ingredients

- 2 medium raw beets, peeled
- 1½ cups canned garbanzo beans
- ¼ cup water
- 1 lemon, juiced
- 2 tbsp tahini
- 1 tbsp extra virgin olive oil
- 2 cloves garlic
- ½ tsp salt

Preheat the oven to 390°F.

Cut the beets into ½ inch (1 cm) slices and lay on a lined baking tray. Roast for 40 - 45 minutes, or until tender. Allow to cool.

Add all the ingredients to a blender and blend until smooth. Taste test and adjust the salt and lemon juice to your liking.

## SUBSTITUTIONS

**Garbanzo Beans** - Any other white bean eg. cannellini or butter beans

### TIPS

Serve with raw veggies for tons of antioxidants and fibre, or try on a Rude Health oatcake!



VEGAN GF DF

MAKES 1 CUP / 5 MINS

# Creamy Sesame Ginger Dressing

## Ingredients

- ⅓ cup Alpro plain soy yogurt
- ¼ cup unseasoned rice vinegar
- 3 tbsp minced fresh ginger
- 2 tbsp. toasted sesame seeds
- 4 tbsp tamari sauce
- 2 tbsp mirin (rice wine)
- 1½ tsp maple syrup

Whisk together by hand or blend in a blender.

## SUBSTITUTIONS

**Alpro Plain Soy Yoghurt** - any plain soy or plain coconut yoghurt (e.g. CoYo or Coconut Collaborative)

**Toasted Sesame Seeds** - 2 tsp sesame oil

**Mirin** - rice vinegar (in which case reduce to 1 tbsp)

### TIPS

We love this dressing. Use it on a plain bowl of greens as an appetizer before dinner. You really don't need anything else!

VEGAN GF DF

MAKES 1 CUP / 5 MINS

# Raw Veg + Nut Butter Satay

## Ingredients

- ¾ cup almond or cashew Butter
- 1 tbsp tamari sauce (gluten-free)
- 2 tbsp sesame oil
- ⅓ cup orange juice
- 3 tbsp lime juice
- 1 tbsp rice vinegar
- 1½ tbsp sriracha
- 4 tbsp honey

Whisk this all in a bowl and store in a jar in the fridge. Delicious as a dip for fresh raw vegetables.

## SUBSTITUTIONS

**Almond/Cashew Butter** - Peanut Butter

**Tamari** - Regular soy sauce (not gluten-free)

**Sriracha** - rice vinegar or any hot sauce

### TIPS

You can also use this as a salad dressing or as a sauce over grilled chicken (front cover) or baked tofu. If you like things spicy, add more sriracha!

# Sun-dried Tomato + Wild Rice Salad

## Ingredients per person.

- 1 cup cooked and cooled brown/wild rice mix (advance)
- 1 tbsp chopped sun-dried tomatoes
- 1 tbsp chopped walnuts
- ½ tbsp pine nuts
- 1 tsp chopped fresh chives
- 1 tbsp chopped fresh parsley
- Optional: chopped spring onions
- 1 serving Lemon Vinaigrette (see green beans recipe pg. 18)

## SUBSTITUTIONS

**Brown / Wild Rice Mix** – any brown rice

**Sun-dried Tomatoes** – any fresh tomatoes, or switch completely to cucumber or peppers

**Walnuts / Pine nuts** – any nuts or seeds except peanuts. Or replace entirely with roasted garbanzo beans

**Chives / Parsley** – any fresh herbs or replace entirely with arugula

Ideally cook and then cool the brown/wild rice, and then refrigerate for at least 20 minutes to help create resistant starch.

Toast the walnuts and pine nuts in a dry frying pan on the stove top for a few minutes. Set to one side to cool.

Place all the ingredients together in a bowl and toss with the dressing. Save a few fresh herbs to sprinkle on top when you serve. It's that easy!

### TIPS

If you have leftovers and want to refresh this the next day, just stir through some more fresh herbs and a squeeze of lemon. This is great by itself or as a side to chicken or fish. If you want to add more vegan protein, toast some hemp seeds too or top with baked/marinaded tofu.



## HEALTH NOTE

Due to food safety guidelines, cooked rice should always be kept in the fridge and used within two days.

# Mushroom + Lentil Ragu

## Ingredients

- 1-2 tbsp light olive oil for sauté
- 1 onion, finely chopped
- 1 large carrot, washed and finely chopped
- 1 stick celery, finely chopped
- 8 oz mushrooms, finely sliced
- 2 tbsp low-sodium tamari sauce
- 3 cloves garlic, crushed minced
- ½ cup puy or green lentils (dried)
- ½ cup red wine, or sub veggie broth
- 1 14 oz can diced tomatoes (or passata/whole crushed tomatoes)
- 1 cup vegetable broth, or more as needed
- 2 tbsp tomato paste
- 1 bay leaf
- 1 tsp dried thyme leaves
- 1 tsp smoked paprika powder
- ¼ tsp salt (adjust to taste)
- ¼ cup pine nuts (optional)
- 4 servings gluten-free pasta or sub quinoa/ brown rice
- 2 tbsps fresh basil (garnish)
- 1 avocado (diced, garnish)

## SUBSTITUTIONS

**Tamari** - Braggs amino acids, coconut aminos or regular soy sauce (if you don't need to be gluten-free).

Ideally, slice and expose your mushrooms to sunlight for a few hours (up to 6) before cooking to optimise vitamin D.

Also, soak the lentils for a few hours prior to cooking. Drain and rinse well. This reduces enzyme inhibitors and increases nutrient bioavailability.

Heat the olive oil in a large pan over medium heat. Add the onion, carrots and celery. Sauté for 3-5 minutes, until the onion starts to turn translucent.

Add the mushrooms and continue cooking for about 5 minutes. Add the tamari sauce, garlic and lentils and cook for another minute, stirring frequently. It will start to smell amazing!

Add the wine and cook for a minute until most of it has evaporated. Then add in the tomatoes, vegetable broth, tomato paste, bay leaf, thyme, paprika and salt. Stir to combine and bring it to a boil. Reduce it to a simmer, cover the pan and cook for 30 to 35 minutes until the lentils are tender (if you soaked the lentils this may take less time.)

If the sauce becomes too thick, add more veggie broth, water or wine. Taste and adjust seasonings as needed. Remove the bay leaf at the end and stir in the pine nuts (optional).

Start to cook the pasta in a large pot of salted water according to package instructions around 15 minutes before the sauce is done. Once the pasta is al dente, drain the cooking water and toss in a little bit of olive oil (optional, to prevent from sticking). Quinoa or brown rice work well too.

Serve the pasta (or quinoa/rice) with the mushroom and lentil ragu and garnish with fresh basil. The chopped avocado is optional but a really delicious addition. Enjoy!

### TIPS

This is another great dish for leftovers. Make extra for healthy warming lunches or dinners through the week. If you're not vegan, you could add chopped lean English-cut bacon (ask our butchers for a recommendation!)





# One Pot Pumpkin Thai Curry

## Ingredients

- 2 tbsps coconut oil
- 1 medium onion, finely chopped
- 2 tbsps minced fresh ginger
- 2 tbsps minced fresh garlic
- 1 small serrano red pepper or chilli (stem/seeds removed, thinly sliced)
- 1 red pepper, seeds removed, thinly sliced
- 3 tbsps yellow or red curry paste
- 4 cups peeled and cubed pumpkin
- 1½ cans coconut milk
- 1 cup vegetable stock
- 2 tbsps maple syrup
- 1 tsp ground turmeric
- 1 big pinch sea salt and black pepper
- 1 tbsp tamari soy sauce, Braggs amino acids or coconut aminos
- 2 tbsps lime juice (plus extra for serving)
- 1 cup garbanzo beans, drained and rinsed really well
- 1 cup frozen peas (rinse off any ice and drain)
- ⅔ cup roasted cashews
- Fresh cilantro (or basil if you are a cilantro hater)
- Quinoa – cooked, for serving (optional)

## SUBSTITUTIONS

- Pumpkin** – butternut squash
- Maple syrup** – honey
- Tamari** - Regular soy sauce (not gluten-free)
- Garbanzo Beans** – any white bean
- Roasted Cashews** – toasted flaked almonds

Heat a large heavy pan (eg Le Cruset) over a medium heat. Add coconut oil, onion, garlic, ginger and the serrano pepper (or chilli). Sauté for a few minutes until they start to soften.

Add the red pepper and sauté for a few more minutes.

Add in the curry paste and cook for two minutes.

Add the pumpkin. If raw, sauté for a few minutes; if roasted, move ahead.

Add coconut milk, veggie stock, maple syrup, turmeric, salt, pepper, tamari/Braggs/coconut aminos and lime juice. Stir.

Bring to the boil, then immediately simmer. Cook for 15 minutes or until pumpkin is very tender.

Optional – scoop out half of the pumpkin, blend until creamy and then return to the pot. If you skip this step and you need to thicken your sauce, just use a little corn starch (but you may not need to).

Add the garbanzo beans and the green peas. Cook a few minutes more on low-medium until the peas are cooked and the chickpeas are hot.

Serve over the quinoa (optional) and scatter with the cashews and fresh herbs. Add an extra squeeze of lime for an extra pop of flavour. So good!

## TIPS

Don't skip the lime!! It's essential for cutting through the sweetness of the pumpkin.

This is great for bulk cooking as the left-overs are wonderful. You can absolutely add chicken for the carnivores.



# Sticky Sesame Orange Chicken

## Ingredients

8 -10 chicken thighs, skinless  
 ¼ cup tamari sauce  
 ⅓ cup honey  
 6 tbsps orange juice  
 2 tbsps tomato paste  
 1 tbsp toasted sesame oil  
 2 tsps minced garlic  
 ½ tsp ground ginger  
 ½ tsp chili flakes (optional)  
 Toasted sesame seeds, to garnish

## SUBSTITUTIONS

**Tamari** - Braggs amino acids, coconut aminos or regular soy sauce (if you don't need to be gluten-free).

In a large bowl, whisk together the tamari, honey, orange juice, tomato paste, sesame oil, garlic, ginger and chili flakes.

Trim any large pieces of fat off the thighs and place into the bowl. Cover the chicken in the sauce. If you have time, marinate for at least 30 minutes (up to several hours) although you can skip this step.

Preheat the oven to 400°F.

Grease a large cast-iron or oven-proof dish with light olive oil.

Place the chicken thighs in a single layer in the dish. Bake in the oven for 30 minutes.

Remove the chicken from the pan, check it is cooked through and set to one side on a large plate. If you cooked the chicken in a cast iron pan, move the pan to the stove top and simmer the juices in the pan for a few minutes until they have thickened. (If you used a glass or ceramic dish, you will need to transfer the juices to a small saucepan.)

If any juices have drained from the chicken on the plate, add those juices to the pan.

Place the chicken on a serving dish, drizzle the sauce on top and sprinkle with the toasted sesame seeds.

## TIPS

If you feel like you don't have enough juices for the sauce – add some orange juice and another tbsp tomato paste to the pan. This dish is amazing with brown rice, quinoa or the spaghetti squash recipe in this booklet. Make sure you serve some green veg too!





# Supergreen Pasta

## Ingredients

- 2 servings of gluten-free pasta of choice
- 1 small white onion
- 3 cloves garlic, peeled and crushed
- 2 large handfuls spinach (one bag or box)
- 1 handful fresh basil leaves
- ½ tin white cannellini beans, drained and rinsed well
- ½ cup water
- Juice of 1 lemon
- Light olive oil
- Salt and white pepper
- 1 slice Genius gluten-free brown or triple seed bread

Over a medium heat, sauté the onion and garlic in light olive oil for 5 minutes or until tender. Once cooked, transfer to a small bowl or plate.

In a blender, whizz up the piece of bread into breadcrumbs. Add these to the pan that you cooked the onions in. Add a little more olive oil and saute until crispy. Set to one side.

Next, blanch the spinach and basil. You'll need a slotted/spaghetti spoon and a sieve or colander. Prepare a large pan of boiling, lightly salted water and a large bowl of iced water. Put the sieve/colander in the iced water so the water is cold but all the ice is underneath. Dip the spinach and basil in the hot, salted water for a few seconds, then remove it and dip it in the iced water. Lift the spinach/basil out of the iced water and allow most of the water to drain out. Transfer straight into a blender.

Add the onions, garlic, beans, lemon juice, salt/pepper and water to the blender. Blend until smooth. Test seasoning and adjust if necessary.

Cook your pasta shape of choice (we love Tinkyada brown rice pasta) and drain well. Place it back in the saucepan and pour in the sauce. Toss gently until well coated in sauce. Serve in warm bowls with the toasted breadcrumbs on top.

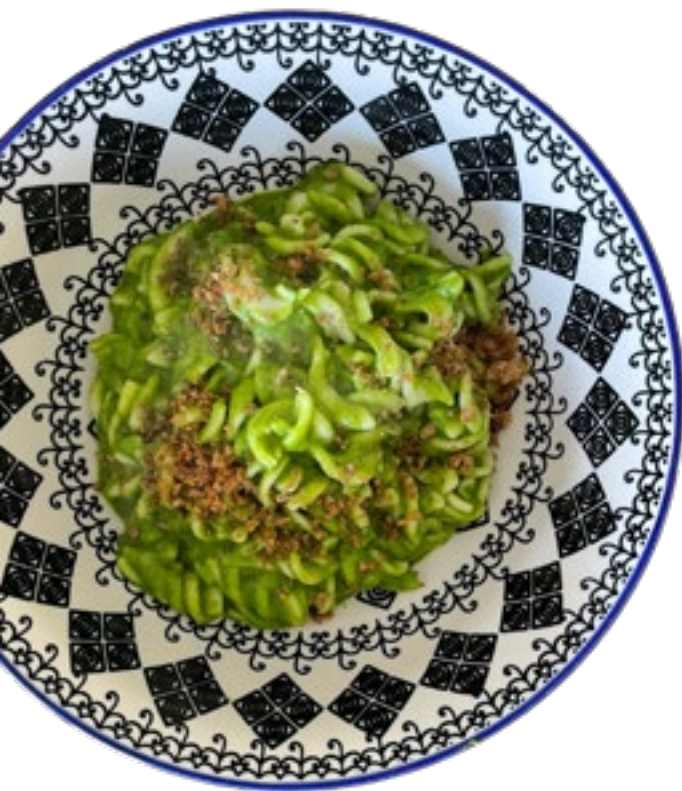
## SUBSTITUTIONS

**Cannellini beans** – garbanzo, white navy or butter beans.

**Genius gluten-free bread** – any bread will do in a pinch! Or skip the breadcrumbs and top with toasted pine nuts or almonds instead.

## TIPS

This is an amazing winter warmer but it's not especially high in protein. You could toast some nuts/seeds with the breadcrumbs to amp it up a little. If you are not vegan you could add some of the Great Lakes collagen peptides to the sauce before you blend it. Adding flaked salmon or grilled chicken would also work nicely!



# Spiced Red Cabbage + Apples

## Ingredients

- 1 large red cabbage
- 2 tablespoons EV coconut or olive oil
- 4 leeks, peeled and sliced into circles
- 2 apples, peeled and sliced
- 3-4 tbsps balsamic vinegar
- 2 tbsps maple syrup
- ¼ - ½ tsp All Spice
- Salt & Pepper
- Optional: knob of grass-fed butter or Earth Balance vegan butter.
- You'll need one very large casserole dish or saucepan, with lid.*

Cut the cabbage into halves, then quarters. Peel the outside layer, remove the core and then slice thinly into ribbons width-wise. Soak the cabbage in a large bowl of water (don't skip this step as the cabbage retains some water which is necessary to make it tender.)

Over a medium heat, gently sauté the leeks in the oil for three minutes so that they begin to soften but don't turn brown. Add the apples and 2 tbsps of the vinegar, the maple syrup as well as salt and pepper and ¼ tsp All Spice. Stir and soften for another 3-5 minutes.

Drain the cabbage (kids love this as the water will be bright blue! Don't worry, there are plenty of antioxidants left.) Add it (slightly wet) to the pan. If you can't fit it all in then save the rest for a stirfry. However do cram in as much as you can as it does reduce when cooked.

Gently toss the vegetables together so that the cabbage is coated, adding another 1 tbsp of the vinegar. Add a little more salt and pepper.

Cover and cook gently for just over an hour (up to 1hr 15mins) stirring occasionally. After an hour, check the seasoning and add more vinegar, salt, pepper or All Spice as required. You can also stir through a knob of grass-fed butter if you like. (If you accidentally add too much vinegar, you can mellow this out with a little maple syrup.)

Easy to serve straight away or cool and reheat later.

## SUBSTITUTIONS

Maple Syrup - Honey

## TIPS

Best served as a side. Ideal with roast chicken, lamb or beef. It's even better reheated the next day when the flavours have developed.







VEGAN GF DF

SERVES 4 / AS A SIDE / 50 MINS

# Spaghetti Squash with Olive Oil + Chili Flakes

## Ingredients

- 1 large spaghetti squash
- Light olive oil and extra virgin olive oil
- Chili flakes
- Salt & Pepper

Preheat the oven to 400°F.

Trim the very ends off the squash so that each end has a flat base.

Brush one very large or two large baking sheets with light olive oil.

Slice the squash into one-inch thick rounds, width-ways, so that you have rings of spaghetti squash. Scoop out the seeds in the middle of each one and lay them on the baking sheets.

Drizzle the rounds with light olive oil and season well with salt, pepper and chili flakes.

Bake in the oven for 20 minutes. Remove, flip the rounds, drizzle with more light olive oil and season again. Bake for a further 20 minutes.

Test the squash by using a knife and fork to separate some strands. If the squash falls apart into strands easily, and if these are tender then it's done!

## SUBSTITUTIONS

**Chili Flakes** - Italian herbs, cajun spices or any other blend of your choice

### TIPS

You can either serve the rounds of squash as they are or scoop out all the flesh into one large serving bowl. If you do the latter, then drizzle with some extra virgin olive oil and add an extra sprinkle of herbs/spices before serving.

AS A SIDE / 15 MINS

VEGAN GF DF

# Green Beans with Toasted Pine Nuts + Lemon Vinaigrette

## Ingredients

- Large handful fresh or frozen green beans, per person
- 1 tbsp pine nuts, per person
- 6 tbsp extra virgin olive oil
- 3.5 tbsps Meyer lemon and honey Acid League vinegar
- 1 tsp honey
- 1 small clove fresh garlic
- Salt & Pepper, to taste

In a jar, shake up all the vinaigrette ingredients (everything except the beans and pine nuts) and test. Adjust seasonings as necessary. Set to one side.

In a dry frying pan, gently toast the pine nuts over a medium heat... keep an eye on these as they can catch quickly. Set to one side.

Steam the green beans so they are perfectly al dente! Don't overdo them.

In a dish, toss the green beans in the dressing and then top with the toasted pine nuts. It's that easy!

## SUBSTITUTIONS

**Pine Nuts** - Toasted flaked almonds

**Acid League Vinegar** - Fresh lemon or apple cider vinegar





# Olive Oil + Chocolate Chip Cookies

## Ingredients

190g Bob's Red Mill Paleo Grain-Free Baking Flour  
 1 tsp fine sea salt  
 ½ tsp baking soda  
 ¼ tsp baking powder  
 ½ cup good quality extra virgin olive oil  
 ¼ cup maple syrup  
 ¼ cup coconut sugar  
 2 tsps vanilla extract  
 120g dark chocolate chips  
 Flaky sea salt

## SUBSTITUTIONS

**Coconut Sugar** - you could use sucanat or regular brown sugar

**Vanilla** - this is optional and you can leave it out

**Extra Virgin Olive Oil** - this recipe also works with coconut oil

**Chocolate Chips** - any chocolate chips will do

Pre-heat the oven to 350F and line a large baking sheet with parchment paper.

In a large bowl, whisk together the flours, baking soda/powder, salt and coconut sugar. Once thoroughly mixed, add the chocolate chips and stir in.

In a smaller bowl, whisk together the olive oil, maple syrup and vanilla.

Add the wet bowl ingredients to the dry bowl. Fold together with a spatula. Get your hands in there if necessary!

Roll into 10-12 balls, place on the baking sheet and flatten a little with your fingertips.

Sprinkle with flaky sea salt and bake for 13 minutes or until the edges are golden.

Cool the cookies on the sheet for at least 15 minutes. Store in an airtight container in the fridge.

## TIPS

We believe in balance and these are an amazing homemade treat! Sweet things are best enjoyed with some protein though – so either add some collagen to your cup of tea, or have a few nuts before your cookie.







VEGAN GF DF

MAKES 12 / 15 MINS

# Chocolate Covered Dates

## Ingredients

- 12 medjool dates
- 6-12 tsps almond or cashew butter
- 150g organic dark chocolate
- Sea salt (optional)

Slice your dates open but not in half completely. Remove the pits. Wash them inside and out, drying thoroughly.

Pop half to one teaspoon of nut butter into the middle of each date and pinch them together to close. Place on a baking sheet (lined with wax paper) and freeze for an hour.

Meanwhile melt the chocolate in a glass or ceramic bowl in the microwave on 10 second bursts, until melted.

Remove the dates from the freezer, dip each one in dark chocolate (messy but fun) and place back on the wax paper.

Sprinkle each one with sea salt (optional).

You can set these in the fridge or freeze them if you are in a hurry. Enjoy one at a time!

## SUBSTITUTIONS

**Medjool Dates** - you can use California dates but they are not as soft

### TIPS

We like to keep these in the freezer so they are extra chewy and you are forced to eat them more slowly!

# Mint Sour Alcohol-Free Cocktail

## Ingredients per person

- 2 oz Three Spirit Livener
- 1oz lemon juice
- 1oz agave syrup
- 6-8 mint leaves
- Ice
- Soda Water

Pop the Three Spirit Livener, lemon juice, agave, mint leaves in a shaker with ice and shake well to help muddle the mint leaves.

Strain into a short glass over fresh ice and top with a little soda water.

## SUBSTITUTIONS

**Agave** - honey or maple syrup

**Lemon Juice** - lime juice

**Club Soda** - sparkling water

### TIPS

If you have enough, some fresh mint on the top is a great addition.







# PRODUCT RECOMMENDATIONS

Scan the QR Code below to find all the named products in the recipes.







“*Nutrifit exceeded my expectations. The program goes beyond dieting and instead provides you with an immense amount of knowledge around nutrition which changed my eating habits indefinitely. Catherine is supportive and genuinely cares for her clients and will work with you. Her knowledge in nutrition is exceptional!*

- A. GREENSLADE

## 6-WEEK OPTIMUM NUTRITION CLASS

with Nutritional Therapist, Catherine Burns

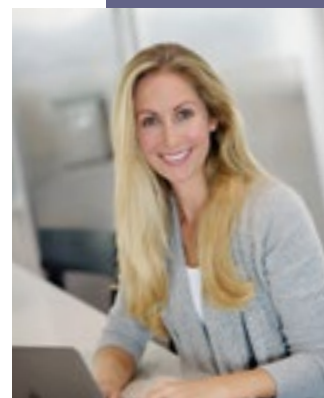
Join our award-winning nutrition education program and optimize your diet and lifestyle – for good! Set within a small group, you’ll have all the support you need to succeed long term. Lose weight (if you need to), improve your body composition and rethink factors that have been standing in your way of consistently great choices. Learn how nutrition really works so you can make informed decisions that impact how well you feel each and every day. Choose food that nourishes you!

**Copays for the whole program: BF&M \$42, Argus \$170, Colonial \$210**

### PROGRAM INCLUDES

- One to One nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly appointments to capture body composition and lifestyle changes (mandatory)
- 1 hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals
- Label reading and grocery store tour (optional)
- Completely NEW, comprehensive meal plans for those that want detailed guidelines
- Flexible guidelines for those who want less structure
- Online meal-planning resource and recipe archive
- Online nutrition hub for all class notes, biometric tracking and interactive food/lifestyle journal

Catherine Burns is a fully-qualified Nutritional Therapist with 16 years clinical experience, trained by the Institute for Optimum Nutrition in London, UK. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association, heads up Waterfront Wellness and is AVP of Nutrition, Wellness and Community Health for The Waterfront Group.



**Catherine Burns**  
Nutritional Therapist  
BA Hons, Dip ION,  
mBNTA

**DATES** - In person + Zoom!

26<sup>th</sup> Jan - 10<sup>th</sup> March 2023

Daytime + Evening

### STRUCTURE + DETAILS

Daytime Classes are in person at 12:30PM. Evening Classes are Zoom only at 6PM.

### NUTRITION INTRO CLASS

Thursday, 26<sup>th</sup> of January (1 hour) All the info you need to get going. Shop over the weekend and start on Monday!

### ONE-TO-ONE CONSULTATION

(45 minutes) Individual assessment and feedback to tailor the program to your needs in person

### FOLLOW-UP

**Nutrition Classes weekly on Mondays for 1hr covering:**

- Jan 30: Blood Sugar Balance
- Feb 6: Stress + Sleep
- Feb 13: Digestion + Food Sensitivity
- Feb 20: Antioxidants + Liver Detox
- Feb 27: Good Fat vs Bad Fat
- Mar 6: Organic – Priorities & Tips

**Spaces are limited.**

**Pre-registration is essential at [www.waterfrontwellness.bm](http://www.waterfrontwellness.bm)**

**QUESTIONS? Happy to chat!**

[Catherine@waterfrontwellness.bm](mailto:Catherine@waterfrontwellness.bm)

298 3704 | 505 4725

# InBody

## Body Composition Analysers



InBody provides you with clinically validated accuracy and gives you a true insight into your body composition. This technology allows you to:

- InBody provides you with clinically validated accuracy and gives you a true insight into your body composition. This technology allows you to:
- Determine overall weight, muscle mass and percentage body fat
- Specifically measure visceral fat (metabolically active fat associated with increased risk of chronic disease)
- Scientifically establish your Basal Metabolic Rate
- Determine segmental muscle mass, allowing you to monitor injury recovery or target certain areas for development
- Measure Extra Cellular Water (ECW) which controls the movement of electrolytes, facilitates oxygen delivery to cells and clears waste from metabolic processes.

*See what you're made of*

### Costs

All rolling or annual gym memberships include two InBody assessments per year (bi-annually) so that you (and our trainers) can monitor your progress.

Non-members are able to use the technology for an additional fee. We recommend this is done in conjunction with an Initial Consultation with our Nutritionist, Catherine Burns.

Additional tests for Members or Catherine's Clients: \$25

Non-Member first test: \$40

Non-Member follow-up test (within 6 months): \$35

*We recommend InBody tests are done early in the morning, before food, caffeine or exercise. Being normally hydrated with water is recommended.*







# WATERFRONT WELLNESS

LIVE WELL WITH US

96 Pitts Bay Road, Pembroke, HM08 Bermuda +1 441 298 3767 | info@waterfrontwellness.bm  
www.waterfrontwellness.bm f @waterfrontwellness.bm

## MEMBERSHIP

Custom fitness is game-changing. We're a smaller, private facility and we know every one of our members. You'll have full access to our 24hr open gym and unlimited classes. Our job is to help you make a plan specifically designed for your life and your goals, supported by data from InBody technology. Trainers just don't get any more experienced and whether you're a beginner, an athlete - or somewhere in between - you're in the best possible hands.

Luxury locker rooms, showers, sauna and towel-service included in all membership options.

### ANNUAL\*

\$1,900 (rate = \$158.33 / month) one-time payment.  
Corporate rates available for groups of 10 or more.

### 3-MONTH \*

\$510 (rate = \$170 / month) one-time payment.  
Does not auto-renew.

### MONTHLY (Rolling) \*

\$170 (rate = \$170 / month) monthly payment.  
3-month minimum. Auto-renews monthly.

### MONTHLY (Students) \*

\$170 (rate = \$125 / month) monthly payment.  
3-month minimum. Auto-renews monthly.

### ONE MONTH

\$185 (rate = \$185 / month) one-time payment.  
Does not auto-renew.

\* All new members committing to a minimum of 3 months receive our welcome vouchers too! This includes vouchers for one Nutrifit-to-go meal from Miles, a glass of wine / beer on us at Harry's and 10% off vouchers at PW Marine and Vineyard Vines Bermuda.



## GROUP FITNESS CLASSES

We have an innovative, packed schedule, designed to advance your strength, definition, flexibility and cardiovascular fitness. Spin, TRX, Kettle Bell, HIIT, Circuits, Barre, Yoga, Pilates, Strength & Core (and more) - there's something for everyone and we frequently change things up. We recently added Les Mills classes, including Body Pump, Sprint and Body Flow. Have a look online to view the **current line up!**

Members have unlimited access to classes. We also have passes available. Classes are bookable a week in advance via our website or handy Waterfront Wellness App.

All classes (except Trailblazers run classes) are livestreamed on Zoom, so you can still take part even if you are travelling or working from home.



## CLASS PASSES

### MONTHLY

\$150 includes all Les Mills + regular classes  
One-time payment. Activates on first booking a class

### WEEKLY

\$50 includes all Les Mills + regular classes  
One-time payment. Activates on first booking a class

## PERSONAL TRAINING

Our trainers are exceptionally experienced across a wide variety of skill sets, including sports performance, injury rehabilitation and exercise medicine. **Trainer bios** and **rates** are available online.

## YOUR 1-80 ORIENTATION

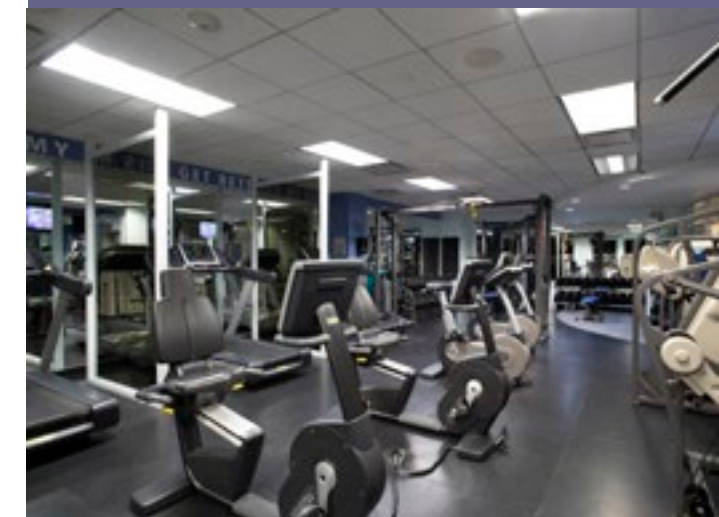
Maybe you're in maintenance mode - in which case, congrats! However most people sign up to a gym because they've recognized that something needs to change. The Waterfront Wellness 1-80 provides you with 80 minutes of training to help you put an individually tailored strategy in place. Whether we are helping you to fine-tune what's currently working, or completely change your direction, this gives you an opportunity for a fresh start.

1 X 20-MINUTE STRENGTH PT

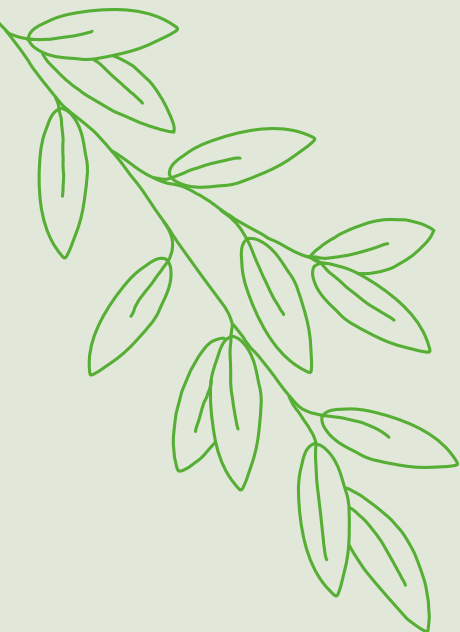
1 X 20-MINUTE CARDIO PT

1 X 20-MINUTE MOBILITY PT

1 X 20-MINUTE NUTRITION PT







# Have you tried our healthy Nutrifit options at Harry's?

## FRESH BEGINNINGS

### Watermelon Carpaccio 12

thinly sliced watermelon with fresh basil, avocado, baby arugula and a balsamic reduction Ve

### Coconut Curry Super Soup 10

mildly spiced with sweet potato, antioxidant-rich veg, coconut, turmeric, garlic, ginger and lemongrass. Great for detox pathways and heart-healthy too! Ve

## MAIN DISHES

### Superfood Asian Salad \*

finely shredded savoy cabbage with kale, carrots, bell peppers and cilantro. Tossed in a refreshing sesame + ginger dressing and topped with toasted almonds and crispy leeks. Served with organic tofu (22), chicken (24) or shrimp (26) and our almond butter satay sauce (contains nuts)

### Fall BBQ Bowl \*

naturally sweet + spicy BBQ chicken (24), salmon (28) or tofu (22) with brown rice, spinach and charred pineapple topped with a radish, cucumber + basil salad with a fresh lemon and olive oil vinaigrette

### Nutrifit Niçoise


cherry tomatoes, cucumber, avocado, yellow peppers, red onion, black olives, parsley + fingerling potatoes, tossed in a Greek vinaigrette and topped with chargrilled chicken (24) or grilled fresh tuna (28), served on a bed of baby leaves

### Spicy Sweet Chili Noodle Bowl \*

spicy sweet chili tofu (22), chicken (24) or shrimp (26), green/yellow peppers, broccoli, red cabbage, spinach, rice noodles and lightly toasted sesame seeds Served hot!

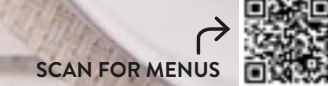
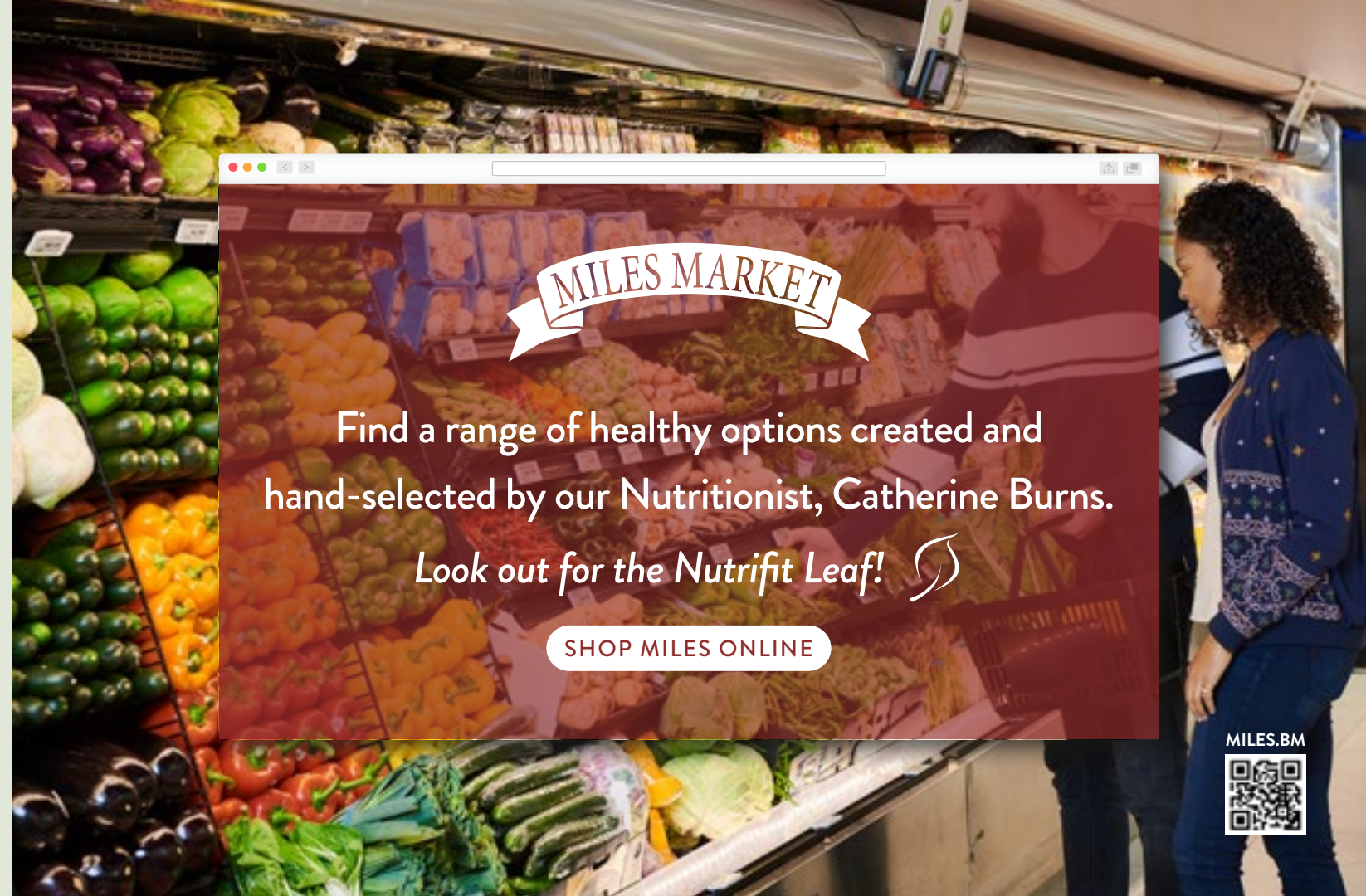
## DESSERT

Pukka herbal tea and dark chocolate.

 All Nutrifit Approved  
gluten-free + dairy free  
\* Vegan Options Available



To learn more about Nutrifit, scan the QR code here:





# LIVE WELL WITH US

at The Waterfront



[www.thewaterfront.bm](http://www.thewaterfront.bm)