



Health & Cooking Tips Cards

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Lemon water

Drink warm lemon water first thing in the morning. Doing this helps to stimulate your digestive system and kick-start your metabolism for the day. Lemon water also helps to flush out toxins and promote hydration. Additionally, it helps to stimulate the liver which can give your energy levels a boost. Make sure you use organic lemons for the best health benefits. You can also add a pinch of Celtic or Himalayan salt to your lemon water, as this helps to replenish electrolytes and minerals.

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Fruit time

Eat 1 or 2 fruits a few minutes before your meal. Fruits digest faster than other foods, so eating them before your meal can help to stimulate digestion. They will also help you eat less food during meals which will decrease your calorie intake. A big plus when trying to lose weight. Additionally, they provide vital nutrients such as vitamins and minerals. Make sure to wash them well before eating and preferably get them at your local farmer's market and get organic ones as much as you can.

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Organic

Choose organic fruits and vegetables whenever you can, and preferably from local markets or farmer's markets. Organic produce is grown without the use of toxins, pesticides, or other harmful chemicals which can be damaging to your health. It is also higher in essential vitamins and minerals that can help to boost your immune system and energy levels. Additionally, organic foods are often fresher and more flavorful, which may help to make them more enjoyable to eat.

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Non GMO

Avoid processed and GMO (genetically modified) foods as much as possible. GMO foods are also not as nutrient-dense as organic or non-GMO foods, so they may not provide the same energy-boosting benefits. Try to buy as many whole, unprocessed foods as possible and look for the non-GMO label when shopping.

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Brown Rice

Brown rice is preferable to white rice it is full of fiber and vitamins. It digests slower than white rice, so it will help to keep your energy levels steady and provide long-lasting energy. Making sure you get enough complex carbohydrates each day can be beneficial. But it should be consumed with great moderation. Brown rice pasta is also a better choice than wheat pasta, as it is higher in fiber and nutrients.

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Cooking oils

Try to use healthier cooking oils such as extra virgin olive, coconut, grapeseed oil, or avocado oil. They are all high in healthy fats and full of nutrients that can help keep your energy levels up. Avoid using vegetable oils as much as possible, as these are often processed and contain unhealthy trans fats.

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Sweeteners

Natural sweeteners such as stevia, maple syrup, and honey are better options than artificial sweeteners or sugar. They provide some sweetness without the negative health effects that come with processed sugars. To decrease your calorie intake you can replace part or all of the needed honey or maple syrup in recipes, with pure stevia. For example, 1 cup of honey can be replaced by 1 teaspoon of liquid stevia. Stevia is sweeter than honey, so you will want to be careful not to add too much. Also, if you have a sweet tooth, prefer to eat sweet dishes for breakfast time.

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Salt

Instead of using regular table salt, try to use Celtic or Himalayan salts. Seawater has the same components as body salts. It has 92 minerals. The best salt would be Celtic salt which has 84 minerals, and it also has 3 different magnesium. Magnesium has more than 300 uses in our bodies. For example, it keeps our body cells hydrated, it helps water to go into the cells and remove toxins and chemicals. Himalayan salt is also a good salt, as it has 84 minerals too but it contains less magnesium. And table salt only has 2 minerals and is generally chemically treated.

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Fasting

Fasting has many advantages for spiritual, physical, mental, and emotional health. When it comes to physical health, it is a great way to give your body a break from digesting food and help to reset the digestive system. It can also help to reset your metabolism and improve energy levels. Try to do a 16-hour fast or longer once or twice a week, if you are able. Scientifically speaking fasting has been shown to promote blood sugar control, help fight inflammation, improve heart health, help in weight loss, help in cancer prevention.

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No snacking

Avoid snacking between meals as this can lead to energy crashes, weight gain, and health issues. Having regular, healthy meals every 5 hours will help to keep your energy levels sustained throughout the day and will contribute to better health. Aim to have 3 meals a day at most. And it is even better to eat 2 well-balanced and nutritious meals a day as it gives your body time to rest and recover.

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Water

Make sure you are drinking enough water throughout the day. Staying hydrated helps to transport nutrients and oxygen around your body, as well as helps to flush out toxins. Most people need to drink roughly half of their weight (in pounds) in ounces. For example, a 200-pound adult needs approximately 100 ounces of water each day. And, your water needs will increase with any physical activity.

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Spices & Condiments

Avoid eating black or white pepper, and condiments containing vinegar. They irritate the stomach and make the blood impure. Prefer to use healthy alternatives such as cayenne pepper, lemon juice, herbs, onion, garlic, and other healthy ingredients to flavor your food.

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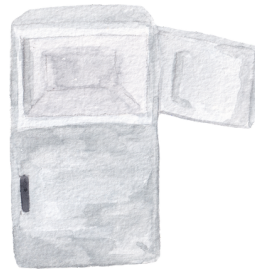


Cover food

Make sure you are always covering your food to avoid contamination from bacteria and other microorganisms. This will also help to keep the nutrients and flavors in the food intact. Covering and wrapping food before placing it in the fridge stops harmful bacteria from being passed from raw foods to ready-to-eat foods. It also stops food from drying out and becoming stale.

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Freezer

Cooking large meals and freezing food helps in time management by saving you time in the long run. Freezing keeps food safe by slowing the movement of molecules, causing microbes to enter a dormant stage. Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and foodborne illness. Make sure to get proper information about the different ways and different times you can safely freeze diverse types of food.

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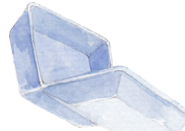
Fridge

Place food in the fridge within 2 hours of preparation. It is ok to store hot foods in the fridge. You do not have to wait for the food to cool before you put them away. In fact, it's better to store them right away, while they're still hot than to forget them and leave them sitting at room temperature for too long.

Also, it is best to store your leftovers on the upper shelves of the fridge, making sure to eat the dishes you refrigerated earliest to avoid food spoilage and waste.

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Containers

Make sure you are aware of the materials that your cookware and containers are made of. Avoid plastic or aluminum as these can leach harmful chemicals into your food. If you must use a plastic container make sure that it doesn't contain BPA.

Also, avoid storing food such as onions and tomatoes in plastic containers because they draw chemicals out of the plastic. In addition, placing fatty or oily foods in plastic isn't good. Many chemicals used in plastic are fat soluble and are more likely to leach into fatty food. Glass containers are best for storing food as they do not leach any chemicals. And consider replacing your plastic wrap with a reusable option, like beeswax wrap.

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Meal Prep

Meal prepping can be a great way to save time throughout the week. Setting aside some time on Sunday or during your weekdays to make batches of meals and snacks will help to ensure that you have healthy, nutritious food ready for any day of the week. If you need to prep food for work, for your husband and or children, use glass containers with compartments. You don't need a whole new set of Tupperware, but the right containers. One with dividers for different foods

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Day of rest



Take a day of rest from cooking. The Saturday Sabbath is for me the best day of the week. Not only it is a special day I enjoy each week taking nature walks, praying, singing, and overall worshipping our creator. It is also a day I savor delicious pre-prepared meals with my family and friends and it is a day when I recharge my batteries to start a new week.

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Recipe notebook

Keeping a cooking notebook can be beneficial as it allows you to keep track of what recipes you and your family really like and of any adjustments you make to recipes you have found in books or online to make them to your liking. A recipe notebook can help change your habits, get you organized, and make cooking so much easier. It is a simple way to create your own personal cookbook. By having a recipe notebook, not only you will be able to quickly and easily find your favorite recipes, but you will also get good cooking results consistently.

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Eating out

Try to avoid eating out too often. If you go to work and need something to eat for lunch prep delicious and healthy food at home. If you need to spend quality time with your family and friends why not organize a picnic, a barbecue, or an at-home event where everyone brings a tasty and healthy meal. If you have to eat out, try to avoid fried foods and order dishes that are grilled or steamed instead. Ask for dressings and sauces on the side so you can control how much you use. Avoid processed foods such as burgers as these are usually highly processed.

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