



Here's Your Sample Recipes!



WHOLEFOOD GOODNESS BY A NUTRITIONIST

Hello, and thank you for your interest in my totally FREE wholefood recipe sampler! As a Nutritionist, recipe creation and teaching wholefood nutrition is part of my every day...

I am super passionate about helping women nourish their bodies with wholesome and delicious meals that don't take a lot of time to make. In this recipe sampler, you'll find a tantalising mini selection of healthy dishes carefully crafted to provide maximum nutrition without having to spend hours in the kitchen on meal prep. From dessert-like breakfast to mouthwatering mains, each recipe has been thoughtfully curated to provide delicious flavour from all natural, wholefoods.

Get ready to delight your taste buds. You can find more back on the Blog or by browsing my [Meal Plan Collections](#).

Health + happiness,

Emmalisa

HOLISTIC NUTRITIONIST
& RECIPE CREATOR

Free Recipe Sampler

HEALTHY BREAKFAST IDEAS

Breakfast is one of the most effective ways to nourish your body and avoid food cravings later in the day. I always recommend starting the day with a balance of wholefood protein, fibre and healthy fats to keep your blood sugar level and your appetite in check. If you are someone who typically isn't very hungry in the mornings, having even a snack-size breakfast can make all the difference in your appetite for the whole day.



Photo: Chia Pudding with Greek Yoghurt & Blueberries

Protein Chia Pudding

Ingredients

- 1 cup of dairy, almond or oat milk
- 3 tbsp chia seeds (or try it with oats)
- 1 tbsp low carb sweetener (optional)
- 1 scoop Vanilla protein powder*

Add above to sealable container, whisk until well blended. Store in fridge for 2hrs or overnight. Serve with 2 tbsp yoghurt and low carb berries or chopped fruit.

**Try with chocolate or salted caramel protein.*



Photo: Gourmet Avocado, Tomato, & Greek Feta Toasties

Gourmet Breakfast Toast

Ingredients

- 1 slice high-fibre or gluten-free bread
- 1 Hass avocado, smashed
- 3 tbsp chopped cherry tomatoes
- 2 tbsp Greek feta cheese, crumbled
- 1 tbsp balsamic glaze (optional)

Toast the bread and spread the with smashed avocado. Top with the remaining ingredients and drizzle with the glaze.

Free Recipe Sampler

HEALTHY HIGH PROTEIN SNACKS

Bliss Balls Recipe

Protein Balls are a delicious way to provide your body with a high protein snack that really satisfies hunger.

Ingredients

- 3 tbsp almond or peanut butter
- 1/4 cup protein powder*
- 1/2 cup almond meal
- 2 tbsp honey (or a few drops stevia)
- 1 tsp vanilla extract
- pinch of salt

In a food processor, add all the ingredients and process until forms a dough. Roll into small, bite-sized balls. Set in the fridge.

**Not all protein powders are created equal. Look for a brand that contains at least 20-30g protein per serving, is low in sugar, contains 6g or more fibre, and no additives or fillers.*

Suggestions

Experiment with this basic recipe by trying other flavoured protein powders. Add a shot of espresso, spoonful of raw cacao, scoop of a greens blend or a superfoods powder. Roll the balls in seeds, coconut, chia, crushed nuts or toasted oats.

Protein balls make an excellent nutritious, high protein snack that are very easy to prepare. Just remember to limit yourself to only one ball per serving!



Photo: Chocolate Mocha, Peanut Butter & Coconut Balls

Quick Buddha Bowls

Ingredients

- 1 fillet any meat or vegan substitute
- 3 tbsp cooked quinoa or rice noodles
- 3 tbsp of high proteins vegetables
- 1 handful shredded greens, any
- 1/2 avocado, slices or cubed
- 2 tbsp low carb dressing (optional)

Add ingredients into sections in a bowl (see photo). Veggies can be cooked or raw, and a great way to use up leftovers.

Suggestions

Try protein-rich salmon, tofu, prawns, or seasoned chicken and beef. Pair this with peas, beans, broccoli, cabbage, capsicums and high fibre greens like kale, spinach, lettuce, watercress, or collards. Stick to low carb dressings or try a hummus dip.

Free Recipe Sampler



Photo: Grilled Chicken, Sweet Potato & Broccoli with Quinoa

Zucchini Bolognese

Ingredients

- 500g beef mince, organic
- 1 packet zucchini spiral noodles
- 1/2 cup mixed veggies, chopped
- 1 jar of your favourite spaghetti sauce
- 2 tbsp parmesan cheese, shavings

Prepare the mince and veggies as you would for regular Bolognese. Pour the sauce over the zucchini noodles or toss in the pan together, however you like it best.

Suggestions

Try other spiralised vegetable noodles or make your own. Use the same recipe or toss in other sauces that are your favourite such as pesto, curry, or Asian simmer sauces (just watch the sugar).



Photo: Zucchini Noodles with Bolognese & Grated Parmesan

Facebook Group COME JOIN US

[CLICK HERE TO BECOME A MEMBER](#)



Sometimes we all need a helping hand and a few kind words of encouragement when we are in the process of creating lasting change...

That is exactly why I created my ***Eat Nourish Glow Facebook*** group. No matter where you are on your healthy eating journey, I believe you deserve someone cheering you through it all.

Health is a lifelong journey and never a final destination. It is often a long process with setbacks and challenges along the way. The ***Eat Nourish Glow*** support group is a safe place to share your health experience and get support from peers and a passionate Women's Health Practitioner (and wellness warrior herself)!



If You Enjoyed This You'll Find More Here...



Interested in discovering more healthy and easy-to-prepare meals to add to your weekly menu?

I'd love to provide you with more meal plans that work for your lifestyle, budget, and goals. Come browse all my plans, wholefood recipe books and meal planning support in the Wellness Shop!

[CLICK HERE NOW!](#)