

CRAIG'S 21-DAY CHALLENGE

Eats & Treats A 7 Day Challenge!

We're thrilled to have you join us on this journey towards healthier snacking and easy, nutritious food preparation. Let's make every day a good day with simple yet impactful changes!

TODAY IS A GOOD DAY

I'm Craig, you might have seen or been a part of our 21 Day Challenge (21DC) earlier in the year. The 21DC was designed to gently recalibrate your lifestyle and positively push that mental reset button. And so, after setting up such good habits and routine, it was time for another instalment. The 7DC is ready to go and I can't wait to share it with you!

Craig x



BENEFITS OF HEALTHY SNACKING

Improved Energy Levels:
Keep your energy stable throughout the day.

Better Focus:
Fuel your brain for better concentration and productivity.

Nutrient Intake:
Increase your intake of essential vitamins and minerals.

Mood Booster:
Feel good foods to boost your mood to make every day a good day.

3 EASY AND HEALTHY SNACK RECIPES

1. Nutty Banana Bites

Ingredients: Banana, peanut butter, almonds.

Instructions: Slice the banana, spread peanut butter between slices, and roll in crushed almonds.



2. Baked Sweet Potato Fries

Ingredients: Sweet potatoes, olive oil, paprika, garlic powder, salt, pepper.

Instructions: Preheat the oven to (220°C). Peel and slice sweet potatoes into thin fries. Toss them in a bowl with olive oil, paprika, garlic powder, salt, and pepper. Spread the fries on a baking sheet in a single layer. Bake for 20-25 minutes, flipping halfway through, until crispy and golden brown. Serve with a healthy dip like Greek yogurt mixed with a bit of lemon juice and dill.



3. Stuffed Peppers

Ingredients: Red or Green peppers, quinoa, black beans, corn, diced tomatoes, shredded cheese, cumin, chilli powder, salt, pepper, olive oil.

Instructions: Preheat the oven to (190°C). Cook quinoa according to package instructions or cheat with a pre-cooked packet. Cut the tops off the peppers and remove the seeds. In a bowl, mix cooked quinoa, black beans, corn, diced tomatoes, cumin, chilli powder, salt, and pepper. Stuff the peppers with the mixture. Place the stuffed peppers in a baking dish, drizzle with olive oil, and cover with foil. Bake for 30 minutes. Remove the foil, sprinkle shredded cheese on top, and bake for another 10 minutes until the cheese is melted and bubbly. Serve warm.





TIPS FOR MINDFUL EATING

Slow Down:

Take your time to enjoy each bite.

Listen to Your Body:

Eat when you're hungry, stop when you're full.

Stay Hydrated:

Sometimes thirst is mistaken for hunger.

Choose Whole Foods:

Opt for snacks that are as close to their natural state as possible.

Join the 'Eats and Treats!' 7-Day Challenge

Ready to take the next step? Join our 'Eats and Treats!' 7-day challenge and discover more delicious, healthy snacks that will keep you feeling great.

Use the code 21DCET to get 15% Off off your sign-up fee!

Thank you for joining me beautiful people, and here's to a healthier, happier you! – Craig

