

SEASONAL
CAMPAIGNS
2023



SET NEW STANDARDS FOR
WORKPLACE WELLBEING

Medicinal Green Curry

The ultimate winter immune booster

After a few months of scarce vitamin D, and winter bugs circulating, January can be a low point for your immune system if you're not careful. What you need is medicine in the form of food—and this is it!

Chillies contain capsaicin, which helps clear mucus. **Ginger** is a pharmacy unto its own, containing natural antibiotics, anti-inflammatory agents and the ability to clear congestion. Not to mention **garlic**, with its legendary antiviral and antibacterial properties.

I always try to keep a couple of portions of this green curry paste in the freezer so that, on a week night, all I have to do is throw everything in, and under half an hour, there's a delicious, warming meal on the table. Add colourful seasonal vegetables, such as **butternut squash**, rich in immune boosting vitamin C and beta carotene. Throw in some **mushrooms** too! They provide beta glucans, a powerful anti-viral and anti-bacterial.

Ingredients:

Curry Paste:

Enough for 3 batches of paste, which you can freeze, each providing 4 servings
 15 shallots
 10 garlic cloves
 6 Thai green chillies (or more to taste)
 1 bunch coriander
 3 lemongrass stalks, chopped, outer layer removed
 1 tablespoon chopped ginger

Sauce and Contents:

1 batch—4 servings
 1 tbsp. olive or coconut oil for cooking the paste
 1 tin coconut milk

1 tsp. Swiss vegetable bouillon powder
 1 tsp. Turmeric (optional)
 Butternut squash (200g), jerusalem artichokes (150g), cauliflower (100g), shitake mushrooms (100g), rainbow chard (2 large handfuls)
 Protein per person: 1 fillet of chicken or fish, 100g Tempeh or Tofu or small handful grilled cashew nuts
 1 tbsp. Soy sauce or tamari sauce
 The juice of half a lime
 3 drops toasted sesame oil (optional)
 Kaffir lime leaves (optional)
 Garnish (optional): 1 tbsp. sesame seeds, 1 tbsp. chopped spring onion

Preparation:

Max 30 minutes preparation for 3 meal bases—each meal base enough for 4 servings.

Curry Paste:

1. Blend all ingredients together in a food processor.
2. Store extra portions of paste in the freezer.

Preparing the Curry:

1. Stir fry the paste in olive oil or coconut oil on medium heat for 2 minutes.
2. Bring 250 ml water to the boil in a kettle whilst adding the coconut milk and bouillon powder to the paste. Stir well, add the water and 3 kaffir lime leaves chopped thinly (if available) and 1 tsp. turmeric (optional).
3. Add vegetables and protein (add the chard 5 minutes from the end. If serving with cashew nuts as protein, then roast these in the oven separately).
4. When the curry is nearly ready, add a tablespoon of soy sauce or tamari sauce, the juice of half a lime and a couple of drops of sesame oil (optional). Serve with brown rice or quinoa.



JANUARY 2023 |

Veganuary, Love Your Liver Month and Dry January

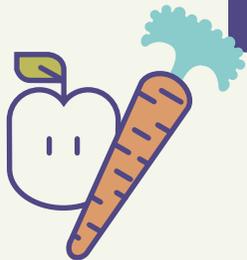


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|--|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 Jan New Year's day (Bank Holiday) |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 Chinese New Year (Rabbit) |
| 23 Cervical Cancer Prevention Week | 24 Cervical Cancer Prevention Week | 25 Cervical Cancer Prevention Week Burns' Night (Scotland) | 26 Cervical Cancer Prevention Week | 27 Cervical Cancer Prevention Week | 28 Cervical Cancer Prevention Week | 29 Cervical Cancer Prevention Week |
| 30 | 31 | 1 Feb | 2 | 3 | 4 | 5 |

Disclaimer: please note that some of the dates may change.

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WHAT'S IN SEASON?



VEGETABLES: Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chicory, cress, endive, garlic, jerusalem artichoke, kale, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, red cabbage, rocket, spinach, squash, swede, turnips

FRUIT: Apples, pears

Suggested Webinars:

- Metabolic Boost: Lose Weight & Gain Energy
- The Alcohol-savvy Action Plan
- Detox & Re-energise
- Plant Power





Banana Coconut Pancakes

Keep sugar cravings at bay—all day

Serves
2

What you have for breakfast has a massive impact on your hunger levels throughout the day. A good protein breakfast has been shown to be the best option, even better than porridge, if you want to keep your cells fuelled for as long as possible.

This is an ideal leisurely weekend breakfast that will avoid any mid-morning blood sugar dips, energy lows and brain fuzz that normally would lead straight to the biscuit tin!

Use buckwheat flour for a delicious gluten free alternative.

Ingredients:

For the Pancakes:

2 small ripe bananas
4 large free range eggs
4 tablespoons desiccated coconut
1 tablespoon buckwheat (or wheat) flour
1 tsp. ground cinnamon
A little coconut oil or (non extra virgin)
olive oil for frying

For the Topping:

300g blueberries
1 tsp. vanilla extract

Preparation:

1. Leave blueberries to simmer on low heat with a splash of water and the vanilla.
2. Mash the two bananas.
3. Whisk the pancake ingredients together to form a batter.
4. Oil the frying pan and heat over the gas.
5. Ladle the batter in small amounts onto the frying pan to 3 small pancakes at a time (aim for 9 in total).
6. Serve covered with the stewed blueberries and vanilla.

Health Tips!

Aim to always have
breakfast, even if you
only have something
small



Have it as early as
possible after you
wake up



Protein for breakfast
makes you less hungry
throughout the day



FEBRUARY 2023

National Heart Month and Raynaud's Awareness Month

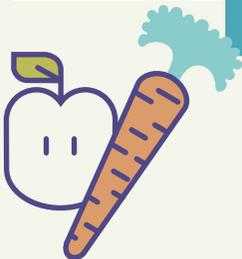


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 30 | 31 | 1 Feb | 2 Time to Talk Day | 3 | 4 World Cancer Day | 5 |
| 6 | 7 | 8 | 9 National Pizza Day | 10 | 11 | 12 |
| 13 | 14 Valentine's Day | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 Eating Disorder Awareness Week | 25 Eating Disorder Awareness Week | 26 Eating Disorder Awareness Week |
| 27 Eating Disorder Awareness Week | 28 Eating Disorder Awareness Week | 1 Eating Disorder Awareness Week | 2 Eating Disorder Awareness Week | 3 | 4 | 5 |

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WHAT'S IN SEASON?



VEGETABLES: Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chicory, cress, endive, garlic, jerusalem artichoke, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, red cabbage, rocket, spinach, squash, swede, turnips, shallots

FRUIT: Apples, pears



Suggested Webinars:

- Heart Health
- Beating Anxiety
- Food for the Mind
- Preventing Fatigue & Burnout

Super Pasta

Boost liver detox

Serves
1

This dish is pure comfort on a plate, ready in 12 minutes, and comes with 'WOW!' taste factor guarantee.

Wild rocket is considered a bitter food, and as such it stimulates bile flow out of the liver, helping it to detoxify. Part of the 'brassica' family, like broccoli, rocket contains many phytochemicals, including an 'indole' known to help detoxify hormones via the liver. It has been found to counter the carcinogenic effects of oestrogen.

As for **artichokes**, they are a natural liver tonic. Containing the phytonutrients Cynarine and Silymarin known to boost the regeneration of liver cells, they have long been considered a good natural remedy for hepatitis.

Ingredients:

2 small handfuls wholemeal pasta (or gluten free—seen here)
¼ tsp. Chilli flakes
1 clove of garlic
1 small pinch Himalayan crystal salt
2 handfuls of Rocket

4-5 pieces of grilled Artichoke in olive oil, chopped (or sun drench tomatoes)
50g Halloumi cheese, diced
1 tbsp. pine nuts, grilled lightly
1 tbsp. olive oil (for cooking)

Preparation:

Add pasta to boiling water in a pan.

Meanwhile:

1. Make a generous bed of rocket in a pasta bowl, add chopped artichokes.
2. Grill the Halloumi pieces till they just start to turn brown. Then lightly grill the pine nuts (you can use a dry frying pan—no oil).
3. Once the pasta is cooked (keep testing to catch 'al dente'), drain and place the empty pan back on the gas. Add olive oil, chilli flakes and the garlic. Before the garlic starts to turn brown, add the cooked pasta and toss so that it's coated with the olive oil, chilli and garlic. Add a small pinch of salt.
4. Lay the pasta on top of the green bed of leaves and artichokes, place Halloumi cubes and sprinkle the pine nuts over the top before serving.

Health Tips! Love your Liver

Start the day with a large glass of warm water with a squeeze of fresh lemon

Aim to replace personal care products containing parabens and sodium lauryl sulphate with chemical free alternatives

Wash fruit and vegetables in water and lemon to eliminate pesticides

MARCH 2023

Great Daffodil Appeal—Marie Curie Cancer Care, Ovarian Cancer Awareness Month, DVT Awareness Month and Endometriosis Awareness Month

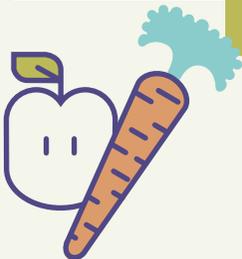


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| 27 | 28 | 1 Mar Eating Disorder Awareness Week St David's Day (Wales) | 2 Eating Disorder Awareness Week | 3 | 4 Salt Awareness Week | 5 Salt Awareness Week |
| 6 Salt Awareness Week | 7 Salt Awareness Week | 8 Salt Awareness Week International Women's Day No Smoking Day | 9 Salt Awareness Week World Kidney Day | 10 Salt Awareness Week | 11 Salt Awareness Week | 12 World Glaucoma Week |
| 13 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week | 14 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week | 15 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week | 16 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week | 17 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week St Patrick's Day (Ireland) | 18 World Glaucoma Week Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week World Sleep Day | 19 Brain Awareness Week Neurodiversity Celebration Week Nutrition and Hydration Week Mothering Sunday |
| 20 World Oral Health Day March Equinox | 21 World Down Syndrome Day Shrove Tuesday (Pancake Day!) | 22 World Water Day Ramadan begins (ends 21 st April) Ash Wednesday (beginning of Lent) | 23 | 24 World TB Day | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 Apr | 2 |

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WHAT'S IN SEASON?



VEGETABLES: Broccoli, cabbage, carrots, cauliflower, celeriac, celery, chicory, cress, endive, garlic, jerusalem artichoke, kale, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, red cabbage, rhubarb, rocket, shallots, spinach, swede, turnips

FRUIT: Apples, pears



Suggested Webinars:

Nutrition Discovery Session
Thriving in a Hybrid World
8 Steps to Better Sleep
Brain Performance



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Mulligatawny Soup

Digestive delight

Serves
10
Approx

This soup is perfect for using up whatever vegetables are in your fridge. It's a great low glycaemic meal in one, high in proteins from the **lentils**. I've chosen seasonal vegetables rich in a type of fibre called inulin, a 'prebiotic', which helps feed the beneficial bacteria in your gut: **leeks, onions** and **Jerusalem artichokes**.

Turmeric has been found to reduce symptoms of IBS, and contains curcumin, one of the most powerful anti-inflammatory compounds. **Cardamom** is used in Ayurvedic medicine to treat digestive issues such as heartburn and IBS, and **ginger** is known for its anti-nausea benefits.

Ingredients:

| | |
|--|--|
| 1 tbsp. coconut oil or olive oil | 10 cardamom pods, seeds only |
| 3 large onions chopped | 1 tsp. cumin seeds |
| 1 inch piece of fresh ginger, chopped | 1 tsp. fennel seeds |
| 5 garlic cloves, chopped roughly | 1 tbsp. coriander seeds |
| 3 or 4 leeks, chopped | 2 tsp. ground turmeric |
| 1 sweet potato and 3 or 4 Jerusalem artichokes | Sprinkle of chilli flakes to taste |
| 225g tomatoes, skinned and chopped | Pinch of sea salt |
| Green leaves (kale, spinach, cabbage, chard ...) | 1 litre (or more) boiling water with 2 tsp. Marigold |
| —2 handfuls | Swiss Bouillon powder |
| 4 handfuls of lentils (green and yellow work well but any will do), rinsed several times | Juice of 1 lemon |
| | Goat's milk yoghurt or feta cheese for serving |

Preparation:

1. First, heat the oil in a large soup pan, then add the onions and cook until they're soft. Meanwhile place the cardamom, cumin and fennel seeds in a small frying pan to dry fry—this will take 2–3 minutes.
2. As soon as the seeds start to jump, tip them into a coffee grinder and grind them finely.
3. Add them to the onions along with the chilli flakes and turmeric.
4. Add the ginger and garlic, chopped vegetables and the lentils.
5. Season, then let the vegetables cook gently, covered—for about 10 minutes.
6. Add the water and bouillon powder and finish cooking gently until the lentils and vegetables are soft.
7. Roughly blend, leaving chunks of vegetables in the soup. Blend in the lemon juice.
8. Serve with a tbsp. of goat's yoghurt.

APRIL 2023

Bowel Cancer Awareness Month, IBS Awareness Month and Stress Awareness Month

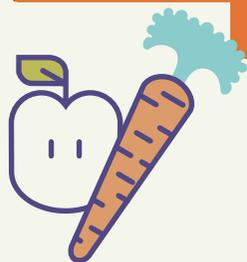


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|------------------------------|-----------|---|---|--|---|
| 27 | 28 | 29 | 30 | 31 | 1 Apr | 2 World Autism Day |
| 3 | 4 | 5 | 6 Maundy Thursday | 7 World Health Day | 8 | 9 Easter Day |
| 10 Easter Monday (bank holiday) | 11 | 12 | 13 | 14 Good Friday (bank holiday) | 15 | 16 World Voice Day |
| 17 | 18 | 19 | 20 Allergy Awareness Week World Day for Safety and Health at Work | 21 Allergy Awareness Week eid al Fitr End of Ramadan | 22 Allergy Awareness Week eid al Fitr Earth Day | 23 Allergy Awareness Week St George's Day |
| 24 Allergy Awareness Week Global Intergenerational Week | 25 Allergy Awareness Week | 26 | 27 | 28 World Day for Safety and Health at Work | 29 | 30 |

Disclaimer: please note that some of the dates may change.

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WHAT'S IN SEASON?



VEGETABLES: Asparagus, broccoli, cabbage, carrots, cauliflower, celeriac, celery, chard, cress, garlic, kale, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, radishes, red cabbage, rhubarb, rocket, shallots, spinach, spring onions, turnips

FRUIT: Apples, pears



Suggested Webinars:

Good Gut Health
Eco-friendly Eating
The Stress Busting Action Plan



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Feel-Good Salad

Nutrition for the mind

Serves
4

What you eat has a huge influence on how you feel, so time to say 'no!' to depressing salads that leave you hungry all afternoon.

Both **green leaves** and **butterbeans** are excellent sources of magnesium, a mineral which helps us feel relaxed and better handle stress, by supporting nerve signalling and the making of 'happy' brain chemical serotonin. **Olives** and **olive oil** contain oleic acid, a type of fat which makes up most of our myelin sheath, our neurons' protective covering.

Pumpkin seeds are a handy source of omega 3 fats, known for improving mood and helping brain chemicals to do their job. Like most seeds, they also provide zinc, a natural anti-depressant, which most people tend to be low in.

And of course, with a good variety of protein foods from different sources (beans, seeds and feta cheese) and slow burning carbohydrates, you'll be supplying your brain with a nice steady source of glucose to keep it whirring happily till dinner time. Free of mid-afternoon crashes.

Ingredients:

The salad:

- 120g butter beans, cooked (half a can, drained and rinsed)
- 2 large handfuls baby leaves (such as spinach, rocket, watercress)
- 5 large green olives
- 100g Feta cheese
- 1 medium sized spring onion

1 tbsp. pumpkin seeds

½ tbsp. mild olive oil (for browning the butter beans)

Dressing (per person):

- 1 tbsp. extra virgin olive oil (mild is also ok)
- 1 tsp. balsamic vinegar
- ½ tsp. Dijon mustard
- Small pinch Himalayan pink salt and some pepper

Preparation:

The Salad:

1. Heat the mild olive oil in a frying pan and add the beans.
2. Leave for a couple of minutes to brown, stirring occasionally.
3. Meanwhile, in a wide bowl, place the baby leaves, olives cut in half, crumbled feta cheese, and chopped spring onion.
4. Leave the beans to cool slightly.
5. In a dry frying pan, heat up the pumpkin seeds until they just begin to pop slightly. Don't let them brown too much, just enough to give them a slightly more crunchy texture.
6. Mix your warm beans with the rest of the ingredients and 1 tbsp. of the dressing and sprinkle the seeds on top.

Dressing:

Add all ingredients into a jar, seal and shake—et voila!

MAY 2023

National Walking Month, National Osteoporosis Month, Maternal Mental Health Month, Make May Purple / Action on Stroke Month and May Measurement Month (Blood pressure, in line with Hypertension day)

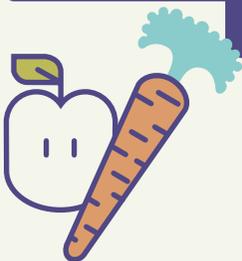


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|--|
| 1 May Early May bank holiday | 2 World Asthma Day Sun Awareness Week | 3 Deaf Awareness Week Sun Awareness Week | 4 Deaf Awareness Week Sun Awareness Week | 5 Deaf Awareness Week Sun Awareness Week | 6 Deaf Awareness Week Sun Awareness Week | 7 Deaf Awareness Week Sun Awareness Week |
| 8 Deaf Awareness Week Sun Awareness Week World Ovarian Cancer Day | 9 Coeliac Awareness week Sun Awareness Week | 10 Coeliac Awareness week World Lupus Day | 11 Coeliac Awareness week | 12 Coeliac Awareness week ME Awareness Day | 13 Coeliac Awareness week | 14 Coeliac Awareness week |
| 15 Coeliac Awareness week Dementia Awareness Week | 16 Dementia Awareness Week | 17 Dementia Awareness Week World Hypertension Day | 18 Dementia Awareness Week | 19 Dementia Awareness Week | 20 Dementia Awareness Week | 21 Dementia Awareness Week |
| 22 | 23 | 24 National Epilepsy Week | 25 National Epilepsy Week | 26 National Epilepsy Week | 27 National Epilepsy Week | 28 National Epilepsy Week |
| 29 National Epilepsy Week Spring bank holiday | 30 | 31 World No Tobacco Day | 1 Jun | 2 | 3 | 4 |

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WHAT'S IN SEASON?



VEGETABLES: Asparagus, beetroot, broccoli, cabbage, carrots, cauliflower, celeriac, chard, cress, garlic, lettuce, mushrooms, new potatoes, onions, peas, potatoes, radishes, red cabbage, rhubarb, rocket, spinach, spring onions, turnips

FRUIT: Strawberries



Suggested Webinars:

- Boost your Fitness
- Building Resilience
- Food for the Mind

Aubergine and Tahini Dip

Healthy cholesterol and blood sugar balance

Serves
2

This Middle Eastern inspired dip is perfect for keeping your cells efficiently fuelled and free of blood sugar highs and lows. **Aubergines'** high fibre content helps slow down the absorption of glucose from food, but there's more. Studies have shown that they inhibit (by as much as 60%) an enzyme that converts starch to blood sugar.

When laboratory animals with high cholesterol were given aubergine juice, their blood cholesterol and the cholesterol in their artery walls were significantly reduced and the walls of their blood vessels relaxed, improving blood flow. The skin of the aubergines is removed in this recipe of course, but do keep it if you are cooking it in other ways. It contains some of the most potent phytochemicals found among plants, such as nasunin and chlorogenic acid. Their benefits include glucose absorption, anti-cancer, antimicrobial, anti-LDL (bad cholesterol) and antiviral activities.

Combined with protein rich Tahini, a nutritious **sesame seed** paste, this is a real blood sugar balancing double act, which will keep you feeling satisfied and energised.

As an added bonus, sesame seeds are high in calcium and zinc, both helpful for keeping bones healthy and preventing osteoporosis.

Ingredients:

| | |
|-------------------------|--|
| 2 aubergines | Juice of half a lemon (or more to taste) |
| 2 tbsp. of Tahini paste | A few sprigs of parsley |
| 2 cloves of garlic | 1 tbsp. extra virgin olive oil |
| Pinch of sea salt | |

Preparation:

1. Cut the aubergines in half lengthways.
2. Place under the grill, skin up, until the skin chars and the flesh softens (around 20 minutes).
3. Peel off the skin—it should come off very easily.
4. In a bowl, place the tahini, aubergine flesh, crushed garlic, salt and lemon juice and roughly mix with a fork. You could do this in a food processor for a finer consistency. I prefer to keep the texture of the aubergines.
5. Serve drizzled with the olive oil, and garnish with parsley.

Snacking Tips!

If you are cutting down on sugar, a protein rich snack, mid-morning and mid-afternoon can prevent cravings



Plan and prepare your snacks in advance



Keep snacks available wherever you are (home, office, car ...)

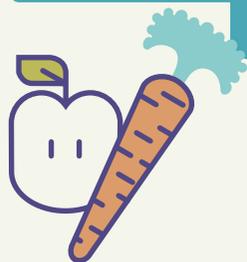


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|---|--|
| 29 | 30 | 31 | 1 Jun Volunteers' Week | 2 Volunteers' Week | 3 Volunteers' Week | 4 Volunteers' Week |
| 5 Volunteers' Week National Growing for Wellbeing Week Bike Week | 6 Volunteers' Week National Growing for Wellbeing Week Bike Week | 7 Volunteers' Week National Growing for Wellbeing Week Bike Week World Heart Rhythm Week Carers Week | 8 National Growing for Wellbeing Week Bike Week World Heart Rhythm Week Carers Week | 9 National Growing for Wellbeing Week Bike Week World Heart Rhythm Week Carers Week | 10 National Growing for Wellbeing Week Bike Week World Heart Rhythm Week Carers Week Global Wellness Day | 11 National Growing for Wellbeing Week Bike Week World Heart Rhythm Week Carers Week |
| 12 World Heart Rhythm Week Carers Week Healthy Eating Week Men's Health Week | 13 Healthy Eating Week World Heart Rhythm Week Men's Health Week Diabetes Awareness Week | 14 World Blood Donor Day Healthy Eating Week Diabetes Awareness Week Men's Health Week | 15 Healthy Eating Week Diabetes Awareness Week Men's Health Week | 16 Healthy Eating Week Diabetes Awareness Week Men's Health Week National Clean Air Day | 17 Diabetes Awareness Week Men's Health Week | 18 Diabetes Awareness Week Men's Health Week Father's Day |
| 19 Cervical Screening Awareness Week Love Your Lungs Week | 20 Cervical Screening Awareness Week Love Your Lungs Week | 21 Cervical Screening Awareness Week Love Your Lungs Week June Solstice | 22 Cervical Screening Awareness Week Love Your Lungs Week | 23 Cervical Screening Awareness Week Love Your Lungs Week | 24 Love Your Lungs Week | 25 Love Your Lungs Week |
| 26 World Wellbeing Week | 27 World Wellbeing Week | 28 World Wellbeing Week | 29 World Wellbeing Week | 30 World Wellbeing Week | 1 July | 2 |

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WHAT'S IN SEASON?



VEGETABLES: Asparagus, aubergines, broadbeans, beetroot, broccoli, cabbage, carrots, cauliflower, celeriac, chard, courgettes, cress, cucumber, fennel, garlic, kohlrabi, lettuce, marrows, mushrooms, new potatoes, onions, peas, potatoes, radishes, red cabbage, rhubarb, rocket, spinach, spring onions, tomatoes, turnips

FRUIT: Nectarines, raspberries, strawberries



Suggested Webinars:

The Sugar Freedom Plan
Nutrition for a Longer,
Healthier Life
Men's Health

Almond Pizza with Pesto

Gluten-free comfort

Serves
3

This nutritious, low glycaemic take on the classic doughy delight of pizza oozes with garlic, herbs and mozzarella. Loaded with vegetarian protein, it will keep hunger and cravings at bay.

Pine nuts contain plenty of good oils, including oleic acid, which protects your neurons, and pinolenic acid, which has been shown to curb the appetite by releasing hunger suppressant enzymes in the gut.

Basil is known for its antibacterial properties and the eugenol from its volatile oils is a wellstudied anti-inflammatory compound.

The pizza base could also be used on its own as a tasty gluten free take on garlic bread.

Ingredients:

For the Pizza Base:

- 100g ground almonds
- 2 tbsp. desiccated coconut
- 2 cloves garlic (or one large tsp. garlic granules)
- 1 pinch salt
- 3 eggs
- 1 tsp. mixed herbs
- 125g buffalo mozzarella (or other cheese of your choice)
- 1 tbsp. olive oil (mild, not 'extra virgin')
- Optional: 1 beef tomato, peeled (plunge it in boiling water for 30 seconds and it will peel easily) (or sun drench tomatoes)

For the Pesto Sauce:

- (use around 1 tbsp. each, keep the rest in an airtight container in the fridge)
- 50g pine nuts, dry fried for a couple of minutes until golden
- Large bunch of basil
- 50g shaved Parmesan
- 150ml olive oil (extra virgin)
- 2 garlic cloves
- Pinch of Himalayan salt

Preparation:

Pizza Base:

1. Heat the oven to 160°C.
2. In a large bowl, mix together the ground almonds, desiccated coconut, salt, mixed herbs and crushed garlic.
3. Chop the mozzarella into very small cubes and add it in too, along with the olive oil.
4. Beat the eggs in a separate bowl until they are very light and fluffy.
5. Fold the dry mix into the eggs.
6. Line a shallow oven dish with greaseproof paper, and pour the mix onto it.
7. Spread the mix so that it's around 1cm thick.
8. Pop it in the oven for 20 minutes—it should be just turning golden on top and a skewer should come out clean.

Pesto Sauce:

- While the pizza base is cooking, throw all of the pesto sauce ingredients into a food processor and process until smooth, then season. It will keep in a jar in the fridge for up to two weeks.
- To serve, lift the pizza base out of the oven dish, using the greaseproof paper to prevent it from breaking.
- Slice into three strips. You can cover with thin slices of beef tomato and spoon the pesto sauce on top (roughly 1 tbsp. per person). Serve with some green leaves and olives.

JULY 2023

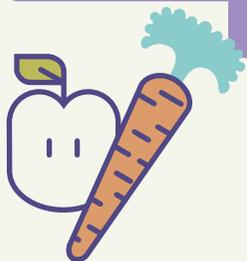


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Sunday |
|---|-----------------------------|---------------------------------------|-----------------------------|--|--------------------------------|-----------------------------|
| 26 | 27 | 28 | 29 | 30 | 1 Jul Tour de France begins | 2 |
| 3 Alcohol Awareness Week Wimbledon begins | 4 Alcohol Awareness Week | 5 Alcohol Awareness Week | 6 Alcohol Awareness Week | 7 Alcohol Awareness Week World Chocolate Day | 8 Alcohol Awareness Week | 9 Alcohol Awareness Week |
| 10 | 11 | 12 Battle of the Boyne (N Ireland) | 13 | 14 | 15 | 16 Wimbledon ends |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 Tour de France ends |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 1 Aug | 2 | 3 | 4 | 5 | 6 |

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WHAT'S IN SEASON?



VEGETABLES: Aubergines, broadbeans, beetroot, broccoli, cabbage, carrots, cauliflower, chard, courgettes, cress, cucumber, fennel, garlic, globe artichoke, kohlrabi, lettuce, marrows, mushrooms, new potatoes, onions, peas, peppers, potatoes, radishes, red cabbage, rhubarb, rocket, runner beans, spinach, spring onions, squash, sweetcorn, tomatoes, turnips

FRUIT: Blackberries, blackcurrants, blueberries, cherries, gooseberries, melon, nectarines, peaches, raspberries, redcurrants, strawberries

Suggested Webinars:



Summer Wellness
Creating an Effective
Work-Life Balance
Boost your Energy!



Apricot Flapjacks

Get the summer glow

Makes
10
Portions

This tasty snack nourishes your skin from the inside. Velvety golden **apricots** are full of beta-carotene, which converts into vitamin A, an essential nutrient for healthy skin.

Almonds are one of the world's best sources of Vitamin E, an antioxidant that protects your cells from damage. They also come loaded with mono-unsaturated fats (of which a healthy dose of skin loving omega 3s).

Oats are very soothing for your digestive system, a pre-requisite of healthy glowing skin on the outside. Not to mention that all of these plant-based ingredients are high in fibre, giving your body's detoxification system a great helping hand. As a sweet snack goes, these compare very well with most in terms of sugar content (5g per portion) and protein (again, 5g per portion).

Ingredients:

| | |
|------------------------------|------------------------|
| 200g whole oats | 1 tsp. vanilla essence |
| 50g flaked almonds | 2 tbsp. coconut oil |
| 320g fresh apricots | 1 tbsp. honey |
| Pinch of pink Himalayan salt | |

Preparation:

1. Cut the apricots in half and remove the stones.
2. Lay them out on a baking tray and grill them on both sides until they become soft and slightly caramelised in places (it will smell gorgeous!).
3. Remove to cool and set the oven to 180°C.
4. Lightly dry fry the flaked almonds until they begin to go darker. This will bring out their flavour.
5. Place the coconut oil and honey in a pan over a low heat until melted.
6. Use coconut oil to grease an oven dish.
7. Break down the apricots roughly with a fork and place them with the rest of the ingredients in a large bowl and mix them well together.
8. Place in the oven dish and press down well to a thickness of 2cm.
9. Cook in the oven for 10 minutes or until the surface begins to brown.
10. Remove from the oven and leave to cool for a while before slicing and enjoying.

Fruity Tips!

The fruit which are lowest in sugar are berries, cherries, apples, pears, apricots and peaches



Highest in sugar are: grapes, mango, pineapple and bananas



Limit fruit to a couple a day and choose vegetable based juices and smoothies



AUGUST 2023

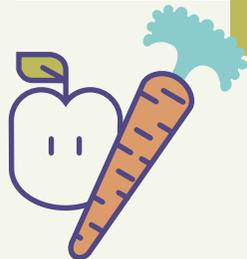


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|---------|---------------------------|----------|--------|-------------------------------|--------|
| 31 | 1 Aug | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 International Youth Day | 13 |
| Scottish Summer bank holiday | 14 | 15 Cycle to Work Day | 16 | 17 | 18 | 19 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 Grief Awareness Day | 31 | 1 Sept | 2 | 3 |
| Late Summer bank holiday | | | | | | |

Disclaimer: please note that some of the dates may change.

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WHAT'S IN SEASON?



VEGETABLES: Aubergines, broadbeans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, chard, courgettes, cress, cucumber, fennel, garlic, globe artichoke, kohlrabi, lettuce, marrows, mushrooms, new potatoes, onions, peas, peppers, potatoes, radishes, red cabbage, rocket, runner beans, spinach, spring onions, squash, sweetcorn, tomatoes, turnips

FRUIT: Blackberries, blackcurrants, blueberries, cherries, figs, gooseberries, grapes, loganberry, melon, peaches, plums, raspberries, redcurrants, strawberries



Suggested Webinars:

Healthy in a Hurry
Mindfulness



Slow roasted Beetroot & Labneh Salad

Healthy heart number

Serves
2

as a main dish

This nutritious salad is packed full of ingredients with blood pressure lowering and cardiovascular health boosting properties.

Beetroots are full of inorganic nitrate, which helps us to produce nitric oxide. Nitric oxide plays a part in keeping blood vessels open so that blood can flow through more easily. It also prevents fatty lipid deposits that precede the build up of blockages in our arteries. A 2015 study showed that a daily glass of beetroot juice significantly lowered the blood pressure of hypertensive patients.

Parsley is rich in folic acid, which helps reduce homocysteine—a molecule that can damage blood vessels. **Walnuts** have extensive heart protective benefits too. They are packed with omega 3 fats, anti-oxidants and anti-inflammatories, which help to reduce clotting and improve vascular tone. They also contain a specific form of vitamin E, gamma-tocopherol, which is particularly protective for the cardiovascular system. One review study found that **garlic** had a comparable effect to blood pressure lowering drugs such as beta-blockers.

Ingredients:

400g beetroots (about 4 medium)
1 tbsp. mild olive oil (for cooking)
15 walnut halves
150g Labneh (strained yoghurt—a Middle Eastern speciality). You could also use soft sheep's or goat's cheese

Dressing:

2 handfuls of fresh parsley
5 tbsp. extra virgin olive oil
2 cloves garlic
15 walnut halves
Juice of one lime

Preparation:

1. Heat the oven to 150°C and prepare an oven tray, lined with foil.
2. Scrub and rinse the beetroots well. Don't top and tail them (for a more rustic effect!) just quarter them, keeping the chunks fairly large.
3. Brush them with olive oil (not the extra virgin type, which is not suitable for cooking), lay them on the tray and pop them in the oven for an hour. Meanwhile, prepare your dressing.
4. In a blender, add the parsley, extra virgin olive oil, garlic, lime juice and walnut halves.
5. Blend into a pesto like texture. I like to keep some of the walnut texture, so I don't blend for too long.
6. Check the beetroots every now and again and make sure they don't go dry. They should be soft on the inside and slightly crisp on the outside.
7. Lay them out on a plate while they are still warm, with dollops of labneh and dressing, then sprinkle the
8. rest of the walnuts on top.

SEPTEMBER 2023

Prostate Cancer Awareness Month, World Alzheimer's Month, Urology Awareness Month, Vascular Disease Awareness Month, Sleptember, and Organic September

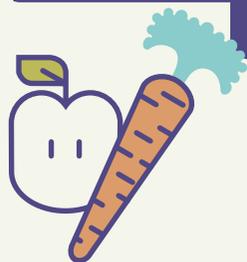


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|--|---|
| 28 | 29 | 30 | 31 | 1 Sep | 2 | 3 Migraine Awareness Week |
| 4 Migraine Awareness Week Know your numbers! Week (blood pressure) | 5 Migraine Awareness Week Know your numbers! Week (blood pressure) | 6 Migraine Awareness Week Know your numbers! Week (blood pressure) | 7 Migraine Awareness Week Know your numbers! Week (blood pressure) | 8 Migraine Awareness Week Know your numbers! Week (blood pressure) | 9 Migraine Awareness Week Know your numbers! Week (blood pressure) World Suicide Prevention Day | 10 World Suicide Prevention Day Know your numbers! Week (blood pressure) |
| 11 | 12 | 13 World Sepsis Day | 14 | 15 | 16 | 17 |
| 18 National Eye Health Week | 19 National Eye Health Week | 20 National Eye Health Week | 21 National Eye Health Week World Alzheimer's Day | 22 National Eye Health Week | 23 National Eye Health Week September Equinox | 24 National Eye Health Week Sexual Health Week Yom Kippur begins (eve) |
| 25 Organ Donation Week Sexual Health Week National Fitness Day UK National Inclusion Week Yom Kippur ends (eve) | 26 Organ Donation Week Sexual Health Week National Inclusion Week | 27 Organ Donation Week Sexual Health Week National Inclusion Week | 28 Organ Donation Week Sexual Health Week National Inclusion Week | 29 Organ Donation Week Sexual Health Week National Inclusion Week World's Biggest Coffee Morning World Heart Day | 30 Organ Donation Week Sexual Health Week National Inclusion Week | 1 Oct Organ Donation Week Sexual Health Week National Inclusion Week |

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WHAT'S IN SEASON?



VEGETABLES: Aubergines, broadbeans, beetroot, broccoli, cabbage, carrots, cauliflower, celery, chard, courgettes, cress, cucumber, endive, fennel, garlic, kohlrabi, lettuce, marrows, mushrooms, onions, peas, peppers, potatoes, radishes, red cabbage, rocket, runner beans, spinach, spring onions, squash, sweetcorn, tomatoes, turnips

FRUIT: Apples, blackberries, blueberries, crab apple, cranberries, figs, grapes, loganberry, melon, pears, plums, raspberries

Suggested Webinars:

8 Steps to Better Sleep
Healthy Meal-Planning for Shift Work
Managing Uncertainty
Heart Health



Nicely Spicy Pumpkin Pie

Addicted to goodness

Serves
2

If you're giving up smoking for Stoptober, or want to kiss goodbye to other addictions, such as sugar, you can use nutrition to your advantage. This comforting Halloween treat is a powerhouse of nutrients that will help fade out the cravings.

Packed with good fats and protein, it will keep you energised, minimising blood sugar dips that make your brain cry out for a quick fix. **Cinnamon** will assist, as it makes your cells more sensitive to insulin, keeping you energised and feeling good.

Eggs and **nuts** are a good source of tryptophan, a precursor to serotonin. This brain chemical tends to be low in times of withdrawal, leading to depression and cravings, so make sure you top up your levels with good sources of protein.

Ingredients:

| | |
|--|---|
| 200g macadamia nuts | 2 tsp. cardamom powder |
| 800g pumpkin, diced | 1 tsp. ground nutmeg |
| 4 eggs, beaten | 3 tsp. cinnamon |
| 50g coconut sugar (You can also use xylitol, or muscovado sugar) | 1 tsp. allspice |
| 50g coconut oil (or melted butter) | A pinch of pink Himalayan (or sea) salt |

Preparation:

1. Steam the pumpkin until it is just soft (but not overly cooked).
2. Meanwhile turn on the oven to 180°C.
3. Line a baking pan with some baking paper (the baking pan shouldn't be too shallow (a round spring-form pan works well because you can remove the sides without damaging the pie).
4. Grind the macadamia nuts lightly in a food processor (not too fine though) and then grind for a short burst with half of the coconut oil and the pinch of salt.
5. Once this mixture is sticky, pour it onto your lined baking pan and press it down so that it's evenly spread out, and as compact as possible.
6. Drain the pumpkin pieces and once they have cooled down, throw them into your food processor.
7. Add the sugar, spices (except for 1 tsp. of the cinnamon), 25g of coconut oil, and the eggs.
8. Process this mixture until it's perfectly smooth.
9. Empty this onto your macadamia base and place in the oven for 30 minutes.

Once it's cooled down (and it will become firmer and easier to cut), sprinkle with the remaining cinnamon and serve.

Health Tips!

Beat smoking, and other addictions

Introduce a new exercise routine to practise throughout the week: exercise increases levels of serotonin—the 'happiness hormone'—and helps your body to detoxify

Aim to reach your recommended protein amount each day (at least 1g pure protein per 1kg body weight—see protein guide at the back)

Drink plenty of water (around 2 litres a day) and vegetable juice (with a small amount of fruit to taste) to top up vitamins which have been depleted

OCTOBER 2023

Breast Cancer Awareness Month, National Cholesterol Month and Stoptober

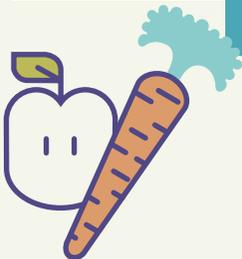


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|--|--|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 Oct Organ Donation Week Sexual Health Week National Inclusion Week International Vegetarian Week International Day of Older Persons |
| 2 Back Care Awareness Week International Vegetarian Week | 3 Back Care Awareness Week International Vegetarian Week | 4 Back Care Awareness Week International Vegetarian Week | 5 Back Care Awareness Week International Vegetarian Week | 6 Back Care Awareness Week International Vegetarian Week | 7 Back Care Awareness Week International Vegetarian Week | 8 National Work Life Week |
| 9 National Work Life Week | 10 National Work Life Week World Mental Health Day | 11 National Work Life Week | 12 National Work Life Week | 13 National Work Life Week World Egg Day | 14 | 15 International Infection Prevention Control Week |
| 16 International Infection Prevention Control Week | 17 International Infection Prevention Control Week | 18 International Infection Prevention Control Week World Menopause Day | 19 International Infection Prevention Control Week | 20 International Infection Prevention Control Week World Osteoporosis Day | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 World Psoriasis Day |
| 30 | 31 Halloween | 1 Nov | 2 | 3 | 4 | 5 |

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WHAT'S IN SEASON?



VEGETABLES: Aubergines, broadbeans, beetroot, broccoli, cabbage, carrots, cauliflower, celeriac, celery, chard, chicory, cress, cucumber, endive, fennel, garlic, jerusalem artichoke, kohlrabi, leeks, lettuce, marrows, mushrooms, onions, parsnips, peas, peppers, potatoes, pumpkin, radishes, red cabbage, rocket, runner beans, spinach, squash, swede, tomatoes, turnips

FRUIT: Apples, blackberries, blueberries, crab apple, cranberries, figs, grapes, loganberry, melon, pears, plums, raspberries



Suggested Webinars:

- Women's Health
Understanding & Embracing
the Menopause
- Creating an Effective
Work-Life Balance
- Musculoskeletal Detective



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Middle Eastern Rice and Lentils

Anti-stress first-aid kit

Per
Person

This tasty and colourful meal can be made in minutes, especially if, as I do, you batch cook your rice and lentils and freeze portions to use later. It's packed with nutrients that help restore your health and energy after the stresses of a long day.

Brown rice is packed with B vitamins, which contribute to energy production and benefit the nervous system (low levels of B3 and B6 have been linked to depression). It's also a great source of magnesium, known to relax muscles and regulate nerves. Not to mention that it's also a natural source of the sleep hormone melatonin.

As for **lentils**, they are rich in the amino acid tryptophan, a precursor to serotonin, the brain chemical which facilitates sleep and a feeling of contentment.

One of the main nutrients required by your adrenal glands, the walnut sized glands responsible for producing cortisol and other stress hormones, is Vitamin C. This is where the **raw salad vegetables**, and especially **parsley**, come in. And there you have it: a truly tasty, frazzled person's repair kit!

Ingredients:

Rice & Lentils:

½ cup of brown basmati rice
¼ cup of lentils (Green, brown or Puy work well)
1½ cups of water
Pinch of turmeric
Pinch of Swiss bouillon powder

1 small red onion (or spring onions)
Small handful of red cabbage
Small handful of olives
1/3 of a pepper
1 cm slice fennel
1 fresh chilli
1 tbsp. olive oil
Juice of half a lemon

Salad:

25g of feta cheese, crumbled
1 large handful of parsley (or green leaves such as watercress, spinach or Rocket)
5 cherry tomatoes

To garnish:

1 tbsp. seeds (I use pumpkin and sesame here)

Preparation:

Rinse the rice and the lentils, and ideally leave to soak a couple of hours (to get rid of phytic acid, a natural chemical which competes with nutrients for absorption in the digestive tract). Cover with the water and bring to the boil. Turn down the heat and simmer with the lid on until the rice and lentils are fluffy. Remove from the heat and leave to cool down

Meanwhile, chop the vegetables finely and place them around the plate, alongside the feta and olives. Spoon the rice and lentils into the middle, drizzle with olive oil and lemon, and sprinkle the seeds over the top.

NOVEMBER 2023

Men's Health Awareness Month—Movember
and National Stress Awareness Month

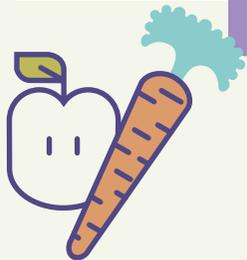


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------------------------|----------------------------------|----------------------------------|--------|----------|-------------------------------|
| 30 | 31 | 1 Nov International Vegan Day | 2 Stress Awareness Day | 3 | 4 | 5 |
| 6 | 7 | 8 All Saint's Day | 9 | 10 | 11 | 12 Guy Fawkes Day |
| 13 | 14 World Diabetes Day | 15 | 16 | 17 | 18 | 19 International Men's Day |
| 20 | 21 | 22 | 23 Diwali | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 St Andrew's Day (Scotland) | 1 Dec | 2 | 3 |

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WHAT'S IN SEASON?



VEGETABLES: Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chard, chicory, cress, cucumber, endive, fennel, garlic, jerusalem artichoke, kale, kohlrabi, leeks, lettuce, marrows, mushrooms, onions, parsnips, peas, peppers, potatoes, pumpkin, radishes, red cabbage, rocket, runner beans, spinach, squash, swede, tomatoes, turnips

FRUIT: Apples, blackberries, crab apple, cranberries, grapes, loganberry, pears, quince, raspberries



Suggested Webinars:

- Men's Health
- The Stress-Busting Action Plan
- The Alcohol-Savvy Action Plan



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Sweet Potato Satay Bites

Nutritious festive nibbles

Makes
12

or 6 larger patties
2 pp as a main

Make the festive season a time of healthy, guilt free indulgence with these little taste bombs.

These bites can be served as festive nibbles, or you can double their size to make a tasty vegetarian meal option, along with stir-fried vegetables.

Peanuts, which are actually a legume, not a nut, are healthier than you might think. Many people worry about their fat content—a lot of it is monounsaturated—recommended within the Mediterranean diet—and they are relatively rich in protein as well as being a good source of antioxidants. Probably one of the reasons why a couple of studies have detected benefits for cardiovascular health.

As for sweet potatoes, the more orange their colour, the richer they are in beta-carotene, an antioxidant which raises our levels of vitamin A in the blood—a boost to eyes and skin. Interestingly having a small amount of fat significantly increases our uptake of beta-carotene, so the marriage with peanut butter is ideal, and not just from a taste perspective!

Ingredients:

2 fairly large sweet potatoes
 Juice of ½ a lime
 2 tbsp. crunchy peanut butter
 1 large handful of fresh coriander, chopped
 2 green chillies, chopped finely
 1 clove garlic, crushed
 2 tbsp. tamari sauce (or substitute soy sauce if you are not gluten free)
 A couple of drops of toasted sesame oil
 2 tbsp. teff flour (other flours will do, such as wheat, quinoa or rice)
 3 medium spring onions, sliced finely
 1 tbsp. coconut oil (if frying)

Dipping Sauce / Dressing:

2 tbsp. extra virgin olive oil
 Dash of toasted sesame oil
 Juice of ½ a lime
 1 tbsp. tamari sauce
 1 tbsp. water
 1 green chilli, finely chopped
 For sprinkling on top:
 1 tbsp. sesame seeds

Preparation:

1. Begin by peeling and dicing the sweet potatoes and steam them until soft.
2. Place them in a bowl and mash.
3. Add the rest of the ingredients and mix together.
4. Sprinkle a small handful of teff flour onto a board.
5. Divide the mix into portions and shape with your hands into patties, turning them over on the flour to avoid sticking.
6. Place under the grill until they begin to brown. Turn over until the other side is done.
7. Meanwhile mix the tamari dipping sauce ingredients together in a bowl.
8. Serve.

DECEMBER 2023

Decembeard—Bowel Cancer Awareness Month

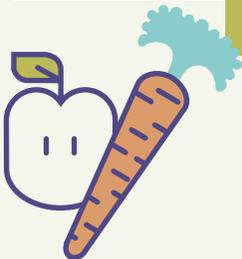


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|---------------------------|---------------------------|---------------------------|---|---------------------------|---|
| 27 | 28 | 29 | 30 | 1 Dec Anger Awareness Week World Aids Day | 2 Anger Awareness Week | 3 Anger Awareness Week International Day of Persons with Disabilities First Sunday of Advent |
| 4 Anger Awareness Week | 5 Anger Awareness Week | 6 Anger Awareness Week | 7 Anger Awareness Week | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | December Solstice | | | Christmas Eve |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 New Year's Eve |
| Christmas Day | Boxing Day | | | | | |

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WHAT'S IN SEASON?



VEGETABLES: Beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, chard, chicory, cress, endive, garlic, jerusalem artichoke, kale, leeks, lettuce, mushrooms, onions, parsnips, potatoes, pumpkin, red cabbage, rocket, spinach, squash, swede, turnip, white winter radishes

FRUIT: Apples, pears



Suggested Webinars:

Winter Wellness
The Power of Social Wellbeing
Digital Detox



The Little Protein Guide

Adjusting the amount of protein you eat is probably the single change you can make with the biggest impact. You see, our modern diet, dominated by easy to come by carbohydrates, is often lacking in good quality sources of this nutrient which is so essential for the body to maintain its integrity. Missing the building blocks from protein (the amino acids), your body cries out for food and you feel that you are never satisfied, even after a large meal.

Not only does protein nourish the body, it also prevents cravings and the frustration of never quite finding the food which hits the spot.

As a rule of thumb we need approximately 1g of pure protein per Kg body weight daily, and more if exercising or pregnant (so a 70Kg person needs approximately 70g of pure protein daily).

Here are a few examples as a guide:

- 1 tablespoon nut butter: 4g
- A handful of cooked kidney beans or chickpeas (about 50g): 2g
- 10 almonds: 2.5g
- 1 tablespoon of hummus: 1g
- 1 cup of broccoli (about 90g): 5g
- 1 medium sized fillet of chicken (150g): 37g
- 1 medium egg: 6g

If you remember just three things, they would be:

| | | |
|--|---|--|
| <p>Include protein with every meal</p>  | <p>Protein should make up around 25% of your meal</p>  | <p>Aim for 1g of pure protein per Kg body weight</p>  |
|--|---|--|



Smart Snack Ideas

Choose your snacks strategically to help prevent cravings from taking hold and wrecking your good intentions!

Smart snacks prevent blood glucose from dipping too much in between meals, keeping a steady source of fuel for the cells to produce energy.

The reason these particular snacks are 'smart' is that they contain protein, and are not too high in carbohydrates (otherwise you would have the opposite effect of increasing blood sugar so much as to cause it to spike, setting you up for more—not fewer—cravings.)

A smart snack should ALWAYS include protein, and optionally a small amount of complex carbohydrate.

Here are some ideas:

- 10 almonds / hazelnuts / walnuts
- A small handful of raw seeds or other roasted seeds brand
- Mini pot of humus with crudité (sticks of carrots, celery, cucumber, peppers, etc ...)
- 2 oatcakes with nut butter or tahini
- 2 oatcakes / half a slice of German rye bread with low fat cream cheese and smoked salmon
- 2 oatcakes / half a slice of German rye bread with feta cheese
- 2 oatcakes / half a slice of German rye bread with 5 olives
- 1 hard-boiled egg (tastes very good mixed with a teaspoon of humus)
- A slice of frittata
- A pot of low fat plain yogurt with some berries and seeds

Getting organised with snacks:

The key is to have snacks readily available and quick to prepare (if not prepared in advance) so that they become a no-brainer. A few things you can do:



Plan for your snacks once a week



Prepare 5 or 6 hard boiled eggs in one go and keep them in the fridge



Keep snack sized seed pouches in the car



Keep snack sized bags of nuts / seeds in the freezer for the week



About SuperWellness

SuperWellness are workplace wellbeing specialists with a lifestyle-centred focus. We work with forward-thinking employers like you to support and empower your team to make healthy choices that will benefit physical and mental health for the long-term.

We were founded in 2011, and since then, we've worked with over 300 organisations across multiple sectors and developed tried-and-tested approaches for engaging diverse workplace audiences with wellbeing. Choose from:

- ♥ Live webinars on over 45 topics—including recordings and resources
- ♥ Our monthly subscription package—including videos, posters, recipes and articles
- ♥ Onsite wellbeing activities, from body composition testing to food demonstrations
- ♥ Our SuperChamps programme supporting your wellbeing champions with monthly toolkits and our membership community
- ♥ Our wellbeing leadership training for line managers and senior leaders

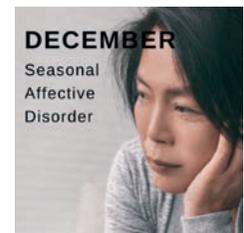
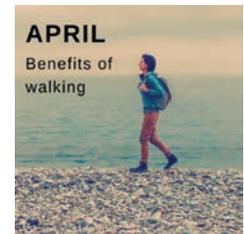
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JANUARY

Medicinal Green Curry

The ultimate winter immune booster



FEBRUARY

Banana Coconut Pancakes

Keep sugar cravings at bay—all day



MARCH

Super Pasta

Boost liver detox



APRIL

Mulligatawny Soup

Digestive delight



MAY

Feel-Good Salad

Nutrition for the mind



JUNE

Aubergine and Tahini Dip

Healthy cholesterol and blood sugar balance



JULY

Almond Pizza with Pesto

Gluten-free comfort



AUGUST

Apricot Flapjacks

Get the summer glow



SEPTEMBER

Slow roasted Beetroot & Labneh Salad

Healthy heart number



OCTOBER

Nicely Spicy Pumpkin Pie

Addicted to goodness



NOVEMBER

Middle Eastern Rice and Lentils

Anti-stress first-aid kit



DECEMBER

Sweet Potato Satay Bites

Nutritious festive nibbles

