

# MATTHEW WHITE

# HEALTH & NUTRITION



## ***Introduction***

We all know or come to know at this time of year our minds can be on other things which is a time to relax to enjoy the family time after a long year.

In this article I have put together 3 recipes to support your nutrition so you don't start on the back foot in the New Year.

Feel free to mix and match to keep creative in the kitchen over the festive period.

## ***Recipe 1***

Using left over Christmas meats and vegetables take out a pan and add a teaspoon of coconut oil.

Shallow wok fry your old mix vegetables from the left over meal at Xmas for 3-5 minutes until golden.

Add 200g of left over turkey, duck, game or salmon and complete with herbs, spices and Himalayan rock salt for seasoning.

### ***Recipe 2***

Using 200g of cooked salmon or turkey bring in your favourite winter vegetables to the partial boil before taking a ceramic cooking dish with a dash of extra virgin olive oil and pinch of Himalayan salt and adding to the oven to bake for 20 minutes.

Once golden and crispy on top serve up with your favourite pickles.

### ***Recipe 3***

Using left over roast potatoes from your Christmas meal find a ceramic oven dish add a teaspoon of coconut oil to an pre heated oven dish.

Adding some halloumi cheese, mixed vegetables and spice bring together in the dish in the pre heated oven add a sprinkle of cracked pepper and Himalayan salt allow to bake for 30 minutes until golden brown.

### ***In summary***

Bringing 3 healthy and nutritious meal ideas to you this winter to benefit your health, wellbeing and keeping you in shape for 2023!

If you have any questions please don't hesitate to contact me.

Kind regards,

***Matthew White,***

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