



HEALTHY KICKSTART 2024

Kick off the year with our healthy lifestyle tips and nutritious recipes – all Nutrifit approved!





CONTENTS

Introduction.....	2
Healthy Habits	3
Nutrifit Details	6
Recipes	
Holy Crap Berry Parfait.....	7
Protein Pancakes with Spiced Apples + Yoghurt.....	8
Nutrifit Blue Smoothie	9
Zesty Avocado Dressing / Dip	10
Roasted Cauliflower with Hummus, Orange + Sesame.....	11
Smoky Black Bean + Quinoa Soup.....	14
Teriyaki Salmon Bowl with Broccoli + Spring Onions.....	15
Slow-baked Grass-Fed Beef Bolognese	16
Roasted Veggie Traybake with Easy Cajun Chicken	18
Bacon + Egg Pasta with Broccolini and Roast Tomatoes	20
Shrimp + Chive Rice Paper Baked Dumplings	21
Gin(ger) + (No)Tonic	23
Cucumber Kimchi	24
Spiced Carrot Cakes	25
Product Recommendations (PR)	27
Beat the Couch Season 22	28
Waterfront Wellness.....	29
Nutrifit Menus at our Restaurants	30
Your Notes	31



Hello and welcome to our Healthy Kickstart 2024!

At Waterfront Wellness, we believe that healthy living can optimize your life in a powerful and meaningful way. It improves your mood, hormone balance and sleep. It boosts your immune system, prevents disease and increases your resilience to stress. You'll see positive changes in body composition, focus and productivity. In fact, there isn't a single thing that doesn't get better when your nutrition and lifestyle do too. So, what are you waiting for?

Over the next few weeks, we're offering everyone in our local community the support they need to get on track. We've outlined six healthy habits for you here – these are things that we all do (most of the time!) in our everyday lives that have worked for us. Although nutrition is a big focus, we've included lifestyle tips because not only do things like less stress and better sleep mean that you're more likely to stick to your nutrition goals, but these things also have a wider, positive influence on your well-being as a whole.

Just like last year, rather than focus on a big list of things to avoid, we're going with a crowd-it-out approach. We're encouraging you to put so much time and effort into trying all these great new recipes and tips, that there will simply be less time for the junk and bad habits. We've included economical substitutions to keep everything as accessible as possible. Join us for an introductory chat on Thursday 11th January (registration details online) and on email/WhatsApp for optional, daily support. We're excited to get started!

Yours in Good Health,

Catherine, Christina & the Waterfront Wellness Team

Catherine Burns
Nutritional Therapist
BA Hons, Dip ION, mBNTA

SCAN HERE TO JOIN THE
WHATSAPP GROUP!



Our *six* essential Healthy Habits

Many people do really well in one or two of these areas, but struggle with the rest. The truth is, they are all important. What can you add in to your routine over the next few weeks to take your health up a notch?

Hydration

Did you know?

- If you feel thirsty, you are already dehydrated,
- If you are even a little dehydrated, sports performance will be seriously impaired,
- Dehydration can contribute to false appetite signaling, cravings for junk, migraine headaches and even increases your risk of heart attack and stroke, and
- The first sign of dehydration in general is fatigue.

- GOALS
- Drink enough fluids through the day to keep your urine pale yellow.
 - Drink most of this in between meals.
 - Feeling tired? Have a glass of water before you reach for a cup of coffee or a snack.

TIPS — Sparkling water, herbal teas and healthy electrolytes (e.g. Nuun) can all be part of a healthy fluid intake. If you drink herbal teas with citric acid, rinse with water afterwards to protect your tooth enamel. If you drink flavoured waters, avoid artificial colours, flavours and sweeteners. We like Spindrift and Waterloo best but we will also be sharing tips on how to make your own infused water.

Balance your blood sugar

Well balanced blood sugar is key to preventing an accumulation of visceral fat. Visceral fat is a more liquid layer of fat wrapped around organs on the inside of the body that you can't see from the outside. It can contribute to visible weight gain - but not always. Thin people can have a relatively high visceral fat number if their diet and lifestyle are poor. The big concern is that visceral fat generates chemicals that contribute to the development of chronic diseases such as heart disease, diabetes, cancer and even Alzheimer's (regardless of your size.)

The good news is that eating in a way that balances blood sugar is easy, reduces visceral fat AND it significantly improves energy, mood, focus, concentration, appetite control and hormone balance.

- GOALS
- Avoid refined carbs (e.g. white rice, white flour) and sugars (e.g. sweet drinks, regular cookies, candy.)
 - Have more savory breakfasts (e.g. an omelet or avocado on toast) or when you do have a sweet breakfast, make sure you include protein (for example, add nuts to cereal, add collagen to oatmeal/fruit, protein powder to a smoothie or have a boiled egg before fruit/yoghurt).
 - At meal time, eat most of your non-starchy veggies first, then the protein, then the carbs. If this isn't realistic because the dish is all together – for example, lasagna – then have a green salad first. The fibre in the vegetables, and the protein, both help to steady the release of sugars from your carbs, leading to better balanced blood sugar.
 - At lunch and dinner, make sure that half your plate is non-starchy vegetables.

- When you have time, wash rice before cooking and rinse with boiling water from a kettle after cooking, in order to remove excess starch.
- Again, when you have time, after cooking very starchy carbs like rice, potatoes, pumpkin, squash or pasta, try and leave enough time to allow them to cool, refrigerate for 20 minutes and then reheat them. This process helps create resistant starch which is easier on your blood sugar.
- Be informed! Check your visceral fat level using InBody technology at Waterfront Wellness. Free for members or just \$25 for Kickstart participants.

TIPS – Bulk cook starches so that you don’t always have to leave time for them to cook and chill. Store extra portions in the fridge or freezer and then just heat them up as you need them. Note that you shouldn’t store cooked rice for longer than two days in the fridge, but it is ok to freeze it.

NOTE
If you have diabetes or pre-diabetes, you must follow dietary guidelines given to you by your doctor or Registered Dietician.

STARCHY VEGETABLES
(consider these carbs) carrots, pumpkin, butternut squash, corn, beets, parsnips, turnip, potatoes, sweet potatoes

NON - STARCHY VEGETABLES
all green vegetables and green leaves, onions, tomatoes, cauliflower, eggplant, peppers, mushrooms

Exercise

Exercise is amazing for improving body composition – increasing muscle mass and reducing overall percentage body fat. It also:

- Improves bone density,
- Boosts the immune system,
- Improves sleep,
- Nourishes the nervous system (better mood, less anxiety), and
- Produces chemicals that improve the efficacy of insulin.*

**This results in better blood sugar control, meaning that exercise is useful for diabetes prevention, over and above any impact that it has on weight.*

- GOALS
- Try to get moving every day, even if it’s just 20 minutes.
 - Try out our On Demand content from Christina (free for everyone in January.)
 - Get outside in the fresh air and leave your phone behind (or don’t check it) for a digital break.

TIPS – Walking bare foot on the sand or grass is especially grounding and has surprising benefits for reducing stress and improving relaxation. Find exercise that you enjoy – keep trying different things until you find something you love. It’s easier to maintain a habit you like.

Sleep

You can sleep your way to better health. Deep sleep:

- Promotes cellular repair (anti-aging and disease prevention),
- Helps you store learned information in your long-term memory,
- Reduces cravings for carbohydrates, and
- Boosts your immune system significantly.

SLEEP GOALS

- Aim to get at least 7 hours sleep a night.
- Put down devices and switch off the TV an hour before bed (these over-stimulate the adrenal glands, interfering with restful sleep.)
- Cool your room with fans or AC. You will achieve better quality sleep at a lower temperature.
- Monitor your deep sleep cycles using a fitness device or App to check you are getting sufficient REM sleep.

TIPS – You can improve the duration of REM sleep by doing deep breathing or meditation before bed. Magnesium (depleted by stress) is often helpful for improving sleep so supplements can be useful. Our Sleep Well and Elderberry formulas (at Miles) are also very effective.

Breathe deeply / meditate

Did you know?

- Deep breathing and meditation can significantly reduce stress, improving resilience and boosting the immune system,
- They improve focus and concentration through the day, and
- People who do well in this area tend to have better and prolonged REM sleep.

GOALS

- Start with a 5-minute meditation at the beginning or end of every day.
- Practice the 4-7-8 breathing technique every night when you're in bed, just before going to sleep. We will share a 4-7-8 video with you via email and in the WhatsApp chat!

TIPS – These habits can be hard to establish, especially for those with busy/racing minds. You might find guided meditation apps easiest (such as Calm or Balance) or try a yoga class that includes a short meditation at the end. Some people meditate on the move! Just try being more mindful when you are out in nature.

Reduce your exposure to environmental chemicals

Your body has an amazing inbuilt detoxification system, but it's easily overloaded: exhaust fumes, air fresheners, cleaning sprays, perfumes, body lotion, sunscreen, hair products, make up, chemicals in junk-food, pesticides on produce... these are just some of the things that can accumulate and make your system sluggish.

GOALS

- Replace some regular cleaning products in your home with more natural alternatives,
- Wash your produce before you consume it,
- Eat more fruit and vegetables – the fibre and antioxidants help remove excess toxins from your system, and
- Test out some natural body care or cosmetics.

TIPS – You can make a less expensive and effective glass cleaner using 50% water, 50% white vinegar in a spray bottle. Use newspaper with this as a cloth (the carbon absorbs grease on glass.) We'll be sharing more tips like this at the Intro chat and on email/WhatsApp. Look in Miles for the Lavanderina cleaning products and the Weleda, Think and Toms of Maine body care products.

Curious to learn more? Sign up for Nutrifit! →



“ Nutrifit exceeded my expectations. The program goes beyond dieting and instead provides you with an immense amount of knowledge around nutrition which changed my eating habits indefinitely. Catherine is supportive and genuinely cares for her clients and will work with you. Her knowledge in nutrition is exceptional!

- A. GREENSLADE

6-WEEK OPTIMUM NUTRITION CLASS

with Nutritional Therapist, Catherine Burns

Join our award-winning nutrition education program and optimize your diet and lifestyle – for good! Set within a small group, you’ll have all the support you need to succeed long term. Lose weight (if you need to), improve your body composition and rethink factors that have been standing in your way of consistently great choices. Learn how nutrition really works so you can make informed decisions that impact how well you feel each and every day. Choose food that nourishes you!

Copays for the whole program: BF&M \$42, Argus \$170, CG \$210

PROGRAM INCLUDES

- One to One nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly appointments to capture body composition and lifestyle changes (mandatory)
- 1 hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals
- Comprehensive meal plans for those that want detailed guidelines
- Flexible guidelines for those who want less structure
- Online meal-planning resource and recipe archive
- Online nutrition hub for all class notes, biometric tracking and interactive food/lifestyle journal

Catherine Burns is a fully-qualified Nutritional Therapist with 19 years clinical experience, trained by the Institute for Optimum Nutrition in London, UK. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association, heads up Waterfront Wellness and is AVP of Nutrition, Wellness and Community Health for The Waterfront Group.



DATES - In person + Zoom!
25th January - 8th March 2024
Daytime + Evening

STRUCTURE + DETAILS

Daytime Classes are in-person at 12:30PM.
Evening Classes are Zoom only at 6PM.

NUTRITION INTRO CLASS

Thursday, Jan 25th (1 hour)

All the info you need to get going. Shop over the weekend and start on Monday!

ONE-TO-ONE CONSULTATION

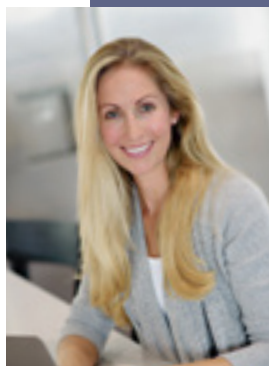
(45 minutes) Individual assessment and feedback to tailor the program to your needs in person

FOLLOW-UP

Nutrition Classes weekly on Mondays for 1hr covering:

- Jan 29: Blood Sugar Balance
- Feb 5: Stress + Sleep
- Feb 12: Digestion + Food Sensitivity
- Feb 19: Antioxidants + Liver Detox
- Feb 26: Good Fat vs Bad Fat
- Mar 4: Organic – Priorities & Tips

Spaces are limited.
Pre-registration is essential at www.waterfrontwellness.bm



Catherine Burns
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QUESTIONS? Happy to chat!
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Holy Crap Berry Parfait

$\frac{3}{4}$ cup plain CoYo yoghurt (PR*)

$\frac{1}{4}$ cup Holy Crap cereal (PR)

$\frac{1}{2}$ cup raspberries

$\frac{1}{4}$ cup pomegranate seeds

*PR = Product Recommendation
Details can be found on p.27

In a small glass dish or glass, layer the coconut yoghurt with Holy Crap cereal and the berries.

Stir it all up and allow the chia seeds to soften for a few minutes before you eat it.

SUBSTITUTIONS

You can use any berries and any version of Holy Crap cereal. You can also use any yoghurt but we suggest that you opt for plain to avoid added sugars. If you choose cow's yoghurt then the recipe will no longer be vegan of course.

TIPS *The Holy Crap cereal adds a decent dose of protein and fibre, but for a complete breakfast/light dinner, we suggest having a boiled egg on the side! If you have this as a snack then it's fine by itself.*

Protein Pancakes with Spiced Apples + Yoghurt

PANCAKES

1 banana
 ½ cup oats
 ¼ cup ground flax seed
 3 eggs
 ¼ cup plant-based milk (unsweetened)
 2 tbsps protein powder (optional)
 1 tbsp baking powder

OTHER INGREDIENTS

1 apple
 Pinch cinnamon (optional)
 ½ cup CoYo plain coconut yoghurt (PR)
 Avocado oil (or grapeseed oil)

SUBSTITUTIONS

You can lower the sugar and increase the antioxidants by using blueberries instead of apples, in which case, skip the cinnamon and add a dash of vanilla. You can use any type of yoghurt but the CoYo is plant-based and contains the least additives of all the vegan brands. If you want to skip the oats, replace them with another ¼ cup flax and wait for the seeds to swell to thicken the mixture. That's a lot of flax though - (bathroom warning!) You could also replace the oats with almond flour (no bathroom warning) and adjust the milk quantity as you see fit.

Peel your apple and chop into bite-sized pieces. Pop them in a small pan with enough water to cover the bottom of the pan. Sprinkle with cinnamon (if you like it) and cook over a low heat until they soften. (It's easy to do this in bigger batches and keep in the fridge.)

Throw all your pancake ingredients in a blender and blend briefly or mash the banana and then whisk everything together in a bowl (or jug – which makes pouring the mix easier!) Note that the flax seeds will take a moment to swell, so the mixture will thicken after a minute or two. If you used the protein powder, you might need a little more milk, but wait a few minutes before adding more.

Pour the pancakes and cook over a medium heat, using avocado or grapeseed oil (both good over medium to high heat.)

Serve with the cooked apples and a dollop of yoghurt!



TIPS

The protein comes from the eggs and flax. You do get a decent dose of carbs too from the banana and apple so this breakfast is most suitable at the beginning of an active day.

Nutrifit Blue Smoothie

¾ cup frozen bananas
¾ cup frozen peaches
1 scoop Garden of Life plant-based vanilla protein powder (PR)
1 tsp hemp seeds (optional)
1 stick Blue Majik spirulina
Plant based milk of your choice, unsweetened (or water)

Throw everything in the blender and use as much milk as you need to blend to the consistency you like. Start by just covering the ingredients and then you can always add more liquid if you need.

SUBSTITUTIONS

Banana is pretty sweet so is best paired with a lower sugar fruit such as peach. If you can't find peach, you could try pear instead. Pineapple and mango are much sweeter so if you use those, try adding a little less. Choosing yellow fruit will help keep the colour very blue, which is fun. Instead of the Blue Majik you could add a big handful of spinach and make this green instead!



TIPS *The hemp seeds aren't necessary but add a good dose of Omega 3 which is great for your nervous system and is anti-inflammatory too.*



Zesty Avocado Dressing / Dip

- 1 perfectly ripe avocado
- 2 large limes, juiced
- 2 tbsps apple cider vinegar (PR)
- 4 tbsps extra virgin olive oil
- 3 tbsps maple syrup
- 1 small clove garlic, pressed
- 4 tbsps water
- Salt & pepper, to taste

Place everything in a bullet or small blender and blend well. If it's too thick, add a little more water. We use approx. $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp pepper, but adjust to your taste.

SUBSTITUTIONS

You could use avocado oil instead of extra virgin olive oil. You could replace the maple syrup with agave to make this lower GI. This is very zesty! If you think you might like less lime, start with the juice of 1 and then add more, but we love lots of lime!

TIPS *One of your healthy habits is to eat your veggies first, before carbs/protein. Sometimes that's difficult if the meal has everything combined. So instead, have a salad with this dressing. It's so tasty, you can simply add it to a bowl of plain leaves! We also love this as a dip with raw veggies (try peppers, cucumber, celery, carrots) and as it's thick, you could use it in place of mayo in a sandwich, wrap or anywhere else the mayo sneaks in!*

Roasted Cauliflower with Hummus, Orange + Sesame

1 large head of cauliflower
 1 – 2 tbsps light olive oil
 1 – 2 tbsps maple syrup, plus 1 more
 1 tsp cumin
 Salt and pepper
 1 tub plain hummus
 1 orange
 1 tsp Dijon mustard
 1 tbsp toasted sesame oil
 1 tbsp toasted sesame seeds
 1-2 tbsps chopped fresh parsley

Preheat the oven to 400F

On a large baking sheet, drizzle the light olive oil, maple syrup and sprinkle the cumin and salt/pepper. If you have a very large head of cauliflower, use more of the oil/syrup. If you have a smaller one, use less!

Break the cauliflower into medium sized florets and add to the baking sheet. Toss them in the oil and seasonings so that all florets are lightly coated.

Pop the cauliflower in the oven for approx. 30 minutes, turning the florets halfway through. They should be tender and a little toasty.

While the cauliflower is cooking, use a sharp knife to slice the skin from the outside of the orange so that all the pith is removed and you just see the bright orange flesh. Cut down the inside of each segment so that you can remove orange pieces without any skin or pith on them. This sounds tricky but is simple! We will post a video of how to do it in the WhatsApp chat.

Set the orange segments to one side and then squeeze what remains of the orange by hand into a small jug. Messy but effective!

Whisk the mustard, sesame oil and 1 tbsp maple syrup into the orange juice in the jug. Add a little salt and pepper. Taste and adjust as necessary. Set this dressing to one side.

On a large platter, spread the hummus in a 1cm deep layer. Set to one side.

When the cauliflower is cooked, allow it to cool slightly, then arrange the florets on top of the hummus. Drizzle with the dressing, scatter with the orange slices, sesame seeds and parsley. Pick up the florets with your fingers and drag through the hummus! Or use forks!

SUBSTITUTIONS

We have made many variations of this, one with pomegranate seeds instead of oranges and without the dressing. We also made a simpler version with blanched broccoli and hummus, sesame oil, sesame seeds. Get creative!

TIPS *If you do a broccoli version, pop the broccoli in the oven after blanching to remove any excess water, or simply roast the broccoli. This is a great sharing-plate appetizer – a good way to get your veggies in before dinner. It's fun as an elevated version of veggies/dip at a party too.*





Smoky Black Bean + Quinoa Soup

2 tbsps. extra virgin olive oil or coconut oil
 1 small red onion, finely chopped
 2 stalks celery, tough strings removed, very finely diced
 1/2 medium butternut squash, peeled and diced into 1cm cubes
 2 cloves garlic, peeled and crushed through a press
 Pinch salt
 1 tsp. ground cumin
 1 tsp. smoked paprika
 1 canned chipotle in adobo, finely chopped and 1 tbsp. of the adobo sauce (PR)
 4 cups quality broth – vegetable, chicken or beef (PR)
 1 can crushed tomatoes, ideally fire-roasted (PR)
 1/2 cup quinoa, soaked and rinsed
 1 can black beans, rinsed, soaked and rinsed again
 Handful fresh cilantro, chopped, plus leaves for sprinkling (optional)
 ¼ cup toasted pumpkin seeds (e.g. Eden brand) (PR)
 1 avocado, diced (optional)
 1 lime (optional)

Make sure you soak your quinoa for at least 2 hours prior to cooking. Agitate it well (the water will go cloudy and bubbly) and then rinse.

Rinse your canned beans, then soak them in a bowl of water while you prep the rest of the recipe.

Prepare your broth if using a paste.

In a large, non-stick casserole dish or saucepan, heat the oil on low - medium. Add the onion, celery, butternut squash, garlic, salt, cumin and smoked paprika. Sauté covered on low (stirring occasionally) until the onions and celery are soft.

Stir in the chipotle and adobo, then your broth. Bring to a gentle boil briefly then stir in the tomatoes and quinoa. Bring to a gentle boil again, then immediately reduce the heat and simmer, covered, until quinoa is tender. This will take approximately ten minutes if you soaked the quinoa and longer if you forgot!

Drain and rinse your beans. Stir them into your soup and cook until heated through, about 3 minutes. Stir in some of the cilantro (if using it.) Taste and adjust seasonings if necessary.

Serve in warm bowls topped with the diced avocado, more cilantro (if using), a squeeze of fresh lime and finally the toasted pumpkin seeds.

SUBSTITUTIONS

You can sub the squash for carrots and the black beans for garbanzos or any other bean. You can use any type of onion, including spring onions. You can use any type of chicken, veggie or beef stock. Please use CRUSHED tomatoes. If you can't find them crushed, blend them first before adding to the soup. The adobo really adds to the flavour so if you skip it (because it is quite spicy!) you will need to bump up your other spices significantly.

TIPS

This is an amazing vegan dish giving you great amino acids from the beans, quinoa and seeds. However, if you want to add animal protein, we have made this before including shredded leftover roast chicken and it was amazing. You can also switch out the avocado/lime for grated cheese if you like – delicious, just not quite as healthy as the avo!

Teriyaki Salmon Bowl with Broccoli + Spring Onion

- 4 salmon fillets
- 1 bottle Teriyaki sauce (we like San J which is gluten free) (PR)
- 4 servings basmati and wild rice mix (PR)
- 6 cups fresh broccoli florets
- 1 bunch spring onions
- 4 tsps toasted sesame seeds
- 2 tsps sesame oil
- Sriracha sauce (optional) (PR)
- Gimme mini seaweed sheets (lightly salted, optional) (PR)

SUBSTITUTIONS

This would work well with diced chicken or tofu. You can replace the Teriyaki with any other Asian sauce. You can easily switch out the veg - we have also done this with steamed asparagus and also roasted onions/peppers. You could switch the rice for quinoa.

Preheat the oven to 400F.

Ideally cook, cool and then chill your rice for at least 20 minutes prior to serving. The cooling/chilling helps create resistant starch that acts like fibre in the body, slowing the release of sugars from your carbs (the rice.) If you don't have time for this step. No problem. Try and do it next time!

Take the skin off the salmon and dice it into cubes. Place it in a dish and toss the cubes in half the bottle of teriyaki sauce. Marinate for 20 minutes if you have time.

Meanwhile, prep your broccoli florets and place in a steamer. Steam until tender.

Finely chop the spring onions and set them aside in a bowl.

Place the salmon cubes on a baking sheet/dish and bake in the oven for 10-15 minutes, until tender and cooked through.

Either drain your rice, or – if you chilled it - reheat your rice.

Have everyone assemble their bowls – rice first, broccoli and salmon on top. Drizzle with a little extra teriyaki sauce and/or sriracha. Drizzle with a very small amount of sesame oil (approx. ½ tsp per person). Sprinkle with the spring onions and sesame seeds.



TIPS Some people like to place a forkful in the seaweed sheets and eat this that way. Messy but fun!



Slow-Baked Grass-Fed Beef Bolognaise

- 1 tbsp light olive oil
- 1 large onion, finely chopped
- 1 large clove garlic, peeled, pressed
- 3 sticks celery, rinsed, finely chopped
- 2 packs ground beef (grass-fed if possible)
- 1 26oz carton San Marzano crushed tomatoes (PR)
- ½ cup red wine (optional, can replace with beef stock)
- 2 tsp dried oregano or Italian herbs
- 1 tsp dried thyme
- 1 tbsp maple syrup
- 1 cup unsweetened almond milk
- 1 heaped tsp corn starch
- Salt and pepper, to taste (suggest approx. ½ tsp salt)
- Garofalo or Tinkyada gluten-free pasta (PR)

Preheat the oven to 325F

Heat the oil in a large pan (oven proof) on the stove-top, add the onion, garlic and celery. Stir and then cover. Allow to sweat and soften over a low heat for 5 minutes.

Add the beef and brown it.

Add the tomatoes, herbs, wine and maple syrup. Stir to combine. Cover and bake in the oven for approx. 1hr and 30 mins.

Once cooked, flavourful and soft, season to taste with salt and pepper.

Place over a low heat on the stove top. In a small cup, mix together the corn starch with a little of the almond milk until it forms a thick liquid. Stir this in to the bolognaise, keeping stirring as the sauce thickens. Gently stir in the rest of the almond milk – sounds like an odd step, but this makes the sauce slightly creamy and it's so good.

Check seasoning. Serve with Tinkyada or Garofalo gluten-free pasta.

SUBSTITUTIONS

You can replace the beef with ground chicken or turkey. You can choose any brand of tomatoes but do choose crushed for more flavour. Zucchini noodles work well in place of pasta.

TIPS *Make a big batch of this and freeze portions for nights when you don't want to cook. Remember to have veggies first – so have a big bowl of greens with the Zesty Avocado Dressing before your bolognaise.*



Roasted Veggie Traybake with Easy Cajun Chicken

1 14-ounce can chickpeas, rinsed and drained well
 1 head of cauliflower, cut into bite-sized florets
 1 red pepper, deseeded and chopped into large bite-sized pieces
 1 yellow pepper, prepped as above
 Light olive oil
 Extra virgin olive oil
 Coarse sea salt
 1½ tbsps Dijon mustard
 1½ tbsps seeded mustard
 1½ tbsps white wine vinegar
 Freshly ground black pepper
 ½ cup chopped Italian Parsley
 2 – 4 chicken breasts (one per person, optional)
 Cajun spice mix

Preheat the oven to 400F.

If you are cooking chicken, fill a large bowl with cool water and add two teaspoons of salt. Make sure the salt dissolves and then add the chicken. Keep at room temperature for 30 mins, or if you are doing this in advance, place the bowl in the fridge. It can soak for a few hours if need be.

Drain and rinse the chickpeas well, blot dry.

Toss the chickpeas, cauliflower and peppers together in a large roasting pan with 3 tablespoons of light olive oil and a big pinch of salt. Roast, shaking now and then, until the chickpeas are crispy and the veggies are tender (approx. 30 mins)

Whisk together the mustards, vinegar, and 1/3 cup of extra virgin olive oil with a pinch of salt and a few healthy grinds of black pepper.

When the roasted veggies are cooked and still warm (but not hot) toss them with the mustard dressing and the parsley. Cover to keep warm. If you are not cooking chicken, you're done! Enjoy as a delicious vegetable-based side.

Once the veg are out of the oven, up the temperature to 450F.

Take the chicken out of the saltwater bath and pat completely dry with paper towels, squeezing the chicken gently. Place it in a lightly oiled, high temperature roasting pan (e.g. cast iron pan).

Rub both sides of the chicken with lots of cajun spices and bake for 15 minutes.

Take the chicken out of the oven, cover it in foil and let it rest for 10 minutes before serving. Don't skip this step as keeping the juices in makes sure that it stays very tender.

If you like, arrange the veg around the chicken in the pan and serve family-style.

SUBSTITUTIONS

This would work well with a pork tenderloin instead of chicken (check package for cooking temp/time.) We don't suggest replacing the cauliflower or chickpeas (garbanzos) but you could switch up the peppers with zucchini, mushrooms and onions. You could replace the cajun spices with any flavourful rub.

TIPS *Chicken or not, the leftovers from this are delicious! Add to quinoa and sprinkle with pumpkin seeds for an easy cold or hot lunch.*



Bacon and Egg Pasta with Broccolini + Roast Tomatoes

1 serving Garofalo or Tinkyada gluten-free pasta (PR)
 ½ cup MadeWith organic pasta sauce (or similar)
 2 slices English cut bacon
 1 egg
 ½ bunch broccolini
 1 handful baby tomatoes
 Italian herbs
 Salt and pepper
 Light olive oil

Pre-heat the oven to 400F

Add the baby tomatoes to a small baking tray, drizzle with a little light olive oil and sprinkle with salt, pepper and the herbs. Place the bacon on a separate tray, lightly greased with the light olive oil. Place both trays in the oven for approximately 20 minutes until the bacon is crispy and the tomato skins have cracked and softened. Remove from the oven and place to one side. Blot the bacon with paper towel to remove excess fat and discard the large strip of rind from the top.

Blanch the broccolini by placing in a large bowl or empty saucepan and covering with boiling water. Cover the bowl or pan with a plate or lid so that it's airtight. Leave it while you prepare the rest of the dish, at least 10 minutes.

Meanwhile, cook and drain the pasta. Stir in the sauce, set to one side.

Boil the egg to your liking. Keep it warm until you are ready to assemble and serve.

Drain the broccolini well and pat dry. Place the pasta/sauce in a bowl and add the bacon, broccolini and roast tomatoes. Finally, peel and quarter the egg and pop it on top. Sprinkle with black pepper and serve immediately.

SUBSTITUTIONS

Try and use English cut bacon as it is much more lean than American rashers. You can use any type of pasta sauce and feel free to switch up the veggies! Peppers and mushrooms could work well.

TIPS

We made this both with and without the pasta sauce. Most people preferred it with the sauce but we do think it's good with plain pasta and a drizzle of extra virgin olive oil. You could add some torn fresh basil for extra flavour and antioxidants.

Shrimp + Chive Rice Paper Baked Dumplings

1 lb raw, deveined and peeled shrimp (PR)
 1 large carrot, finely grated (approx. ½ cup)
 ½ tin water chestnuts, drained and finely chopped
 2 cloves garlic, pressed
 3 spring onions, white and green parts, peeled and finely chopped
 ½ cup fresh chives, finely chopped
 1 inch fresh ginger, peeled and finely chopped
 2 tbsp sesame oil
 1 tbsp tamari or gluten free soy sauce (PR)
 1 tbsp corn starch
 12-14 sheets rice paper pancakes (PR)
 Light olive oil

Preheat the oven to 400F.

Lightly grease a large baking tray with light olive oil.

If you use frozen shrimp, defrost them completely. Make sure they are peeled and veins/tails are removed. Whether fresh or frozen, blot dry of excess moisture with paper towel. Then roughly chop and add to a large bowl.

Add the grated carrots, chopped water chestnuts, pressed garlic, spring onions, chives, ginger, sesame oil, tamari and corn starch to the bowl. Mix well.

Fill another large bowl with room temperature water.

Place two damp paper towels on top of a large chopping board.

Take one pancake at a time and submerge in the water for 12 seconds. When you lift it out it will still feel a little stiff but it will soften once you lay it on the paper towels and continue to work.

Cut the pancake in half using a pizza cutter or sharp knife.

Place a teaspoonful of the shrimp mixture in the centre of one half and wrap the pancake around the mix to create a dumpling. Place it on the baking sheet. We will post a video of the technique in the WhatsApp chat to help you. They don't need to be perfect! The pancake will become stickier and easy to wrap as you progress through the steps. Repeat with the second half of the pancake and then repeat the process until you have used all the mix.

Bake in the oven for 20 minutes. If they are not crispy on top then pop under the grill for a minute or two to crisp up the top.

Serve these as an appetizer or as a main with a large side salad!

SUBSTITUTIONS

We think this would work well with chicken instead of shrimp but we have yet to try it! If you can't find fresh chives, use 2-3 extra spring onions. You could replace water chestnuts with finely diced peppers. You could replace gluten-free soy sauce with coconut aminos.

TIPS

This recipe was inspired by a viral tiktok video – you may have seen it! But we added the carrot and water chestnuts for more fibre – and because it improved the consistency. We also switched up the seasonings a little to suit shoppers in Bermuda. The rice paper pancakes are available in the Asian section of most large grocery stores, including Miles of course!



Gin(ger) + (No)Tonic

1 small knob of ginger, peeled and pressed
1 tbsp Apple Cider Vinegar (PR)
1 wedge of orange
8oz Club Soda or sparkling water
Optional – 1 tsp maple syrup or agave
Ice

Press the ginger over your glass to catch the juice, but also add in any pulp that's left behind.

Add your apple cider vinegar, then squeeze in the orange wedge and drop it into the glass.

Fill your glass with ice and pour the club soda over the top.

Stir and taste. If you need to take the edge off the vinegar, then add a little maple or agave syrup.

SUBSTITUTIONS

You can use any apple cider vinegar but one with “the mother” is best, such as Braggs or Acid League. If you can't stand vinegar you can just use lemon juice.



TIPS

As we will show you in the intro talk, having vinegar before a meal seems to help lower overall blood sugar levels. However, be cautious if you have reflux - some people find that it helps and some people find that it aggravates them. This is best done before a meal. Don't brush your teeth right after drinking vinegar or lemon juice as this will damage your tooth enamel.



Cucumber Kimchi

- 5 baby cucumbers or 2 regular
- 2 tbsps kosher salt (or coarse sea salt) plus more for rubbing
- 1 carrot
- 4 oz garlic chives
- ½ an onion
- 5 tbsps Korean chili pepper flakes
- ¼ apple
- 3 tbsps fish sauce
- 1 clove garlic, pressed
- ½ tsp or ½ inch minced fresh ginger

SUBSTITUTIONS

You don't have to use the carrot but it is pretty. If you can't find garlic chives, then regular chives or spring onion tops (green parts only) will do. You can use regular chili flakes instead of Korean if need be.

Rub each cucumber with about 1 tsp of salt and then rinse well under cold water. Cut them into slices.

In a medium bowl, add 2 tbsps salt and fill with water. Stir until the salt is completely dissolved. Add the cucumbers and mix well. Let sit for 40 minutes. During that time, mix them occasionally so that they all get salted well.

Meanwhile, cut the carrot into thin matchsticks and the garlic chives into 1.5 cm slices.

Roughly chop the onion and apple. Put it in a blender with a splash of water. Blend until smooth. Pour it into another mixing bowl along with Korean chili pepper flakes.

Add the fish sauce, garlic, ginger to the onion/apple mix. Mix well. Add the carrot and garlic chives. Mix again.

Drain the cucumbers. You can put them in a strainer and drain for about 30 minutes to 1 hour (or squeeze out water). Don't rinse but try to get rid of as much water as you can.

Place the cucumbers in an extra-large mason jar and layer with the onion/apple/carrot mix. Make sure to fill only 70 or 80 percent of the container.

Let it ferment for 5 to 6 hours at room temperature, then keep it in the fridge. Use within 1-2 weeks.

TIPS

This makes a lot so make sure you have a very large Mason jar to hand. You can slice the cucumbers normally or, Christina has a great spiral cut technique which we will share as a video in the WhatsApp chat. This is delicious as a garnish for grilled meat/fish and great on top of plain green leaves, with the Zesty Avocado Dressing. You can create an easy vegetarian bowl by using wholegrain rice or quinoa as a base, then add a layer of kimchi and top with poached or steam-fried eggs.

Spiced Carrot Cakes

WET MIX

- 3 large eggs
- 1 cup mashed banana (approx. 2 bananas)
- 1 cup grapeseed oil

DRY MIX

- 1 cup Bobs Red Mill all-purpose gluten free flour (packed) (PR)
- ½ cup Linwoods mix (ground flax, pumpkin and sunflower seed mix) (PR)
- ¾ cup – 1 cup Sucanat or coconut palm sugar (PR)
- 1 ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tsp baking soda
- 3 tsps baking powder
- Pinch salt

ADD IN

- 2 large carrots, peeled and finely grated (approx. 1 cup, packed)
- ½ cup walnuts, finely chopped

FROSTING

- Earth Balance organic vegan buttery spread
- Icing sugar
- Cinnamon

Preheat the oven to 350F

Line cupcake pans with liners

In a large bowl, whisk together well all the wet ingredients

In a medium bowl, sift together the flour, spices, baking soda, baking powder and salt. Mix in the linwoods mix and Sucanat.

Add the dry ingredients to the wet bowl. Using a hand-held balloon whisk, combine the ingredients gently but well, lifting in lots of air.

Stir in the carrots and walnuts with a spatula.

Fill the cases ¾ full.

Bake for 20 minutes and then test the tops are firm but bouncy! If so, take out of the oven and cool on a rack, If not – cook for a further few minutes, then cool.

If you are frosting some of the cakes (less healthy but delicious for a special occasion) then soften ½ cup Earth Balance and gradually add sifted icing sugar (start with 1 cup) until your desired sweetness level is reached. Add a large pinch of cinnamon too. You'll find it quite stiff to mix together to begin with. If you have added too much icing sugar and need to loosen it, then add a tiny splash of almond milk (or any other plant-based milk.) A little goes a long way so be careful!

SUBSTITUTIONS

Use Bobs Red Mill egg replacer to make these vegan. You can replace the walnuts with more of the seed mix but it won't be quite so moist. Most GF flours should work, as should regular white wheat flour if you do not want to make these gluten free. If you can't find Sucanat/coconut sugar, you can use regular brown sugar. You can replace the grapeseed oil with extra virgin coconut oil but lighter oils give a better rise. Avoid regular vegetable cooking oils.

TIPS

These are full of fibre from the ground seeds and carrot, so they make a good lower GI mid-morning or afternoon snack. However, if you do frost these for a special occasion, have them after a protein rich meal (or have a handful of almonds first if you are having one as a snack!) Adding protein helps to further steady blood sugar.



PRODUCT RECOMMENDATIONS

Scan the QR Code below to find all the named products in the recipes.





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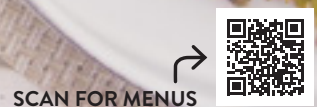
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