

# RECIPE GUIDE

**Ensure balanced nutrition throughout pregnancy with these healthy recipes**

**There's no time in a woman's life when it is more important to take your nutrition seriously than during pregnancy.**

During this time you're not only eating to nourish yourself, but you're also ensuring the optimal health and development of your unborn baby. To help you cope with this tricky period in your life, try one of these easy to make, nutritious meals. **Additional recipes can be found on [www.tonedandtru.com](http://www.tonedandtru.com).**



Check out the Jan-Feb 2018 issue of **fitness magazine**, on sale now, for more helpful tips on balanced nutrition throughout pregnancy. Also available as a digital download from **Zinio**.



**WRITTEN BY** Giorgina Slotar, clinical nutritionist (Intl. Grad. Dip. Clinical Nutrition, Australia), pre- and post-natal exercise specialist (American Fitness Professionals Association), weight management specialist (AFPA), and qualified personal trainer (HFPA)  
**For more information, training videos and healthy recipes, follow Giorgina on:**  
 @giorginaslotar | @toned&tru  
 © Giorgina Slotar | Toned & Tru  
[www.tonedandtru.com](http://www.tonedandtru.com)



# CHIA PUDDING



*Paleo | Gluten-free | Dairy-free | Refined Sugar-free | Low-Carb | Vegan*

**Prep time:** 5 minutes or less

**Serves:** 3-4 servings

## **Ingredients:**

- Chia pudding (recipe available from [www.tonedandtru.com](http://www.tonedandtru.com))
- 1 heaped tbsp raw, organic cacao powder
- 2 tbsp organic maple syrup or raw, unfiltered honey

## **Method:**

- Thoroughly mix the chia pudding, cacao powder and your choice of either xylitol syrup, organic maple syrup or raw honey together in a bowl.
- Top with your choice of blueberries, raspberries, strawberries, optional banana and 2 spoonfuls of mixed nuts and seeds.



# SIMPLE PAPAYA BOWL



Gluten-free | Dairy-free | Refined Sugar-free | Paleo

**Prep time:** 2 minutes

**Serves:** 1

## **Ingredients:**

- ½ medium papaya
- 1 tbsp almond butter
- 1-2 tsp cacao nibs

## **Method:**

- Peel and dice the papaya into bite-sized chunks.
- Place in a bowl, drizzle with the almond butter and sprinkle with cacao nibs.

**TIP:** Papaya is a low-GI fruit that won't spike bile acids. It also contains natural digestive enzymes to help calm the stomach.



# OVERNIGHT COCONUT & CHIA



**FACT:** Cinnamon helps to balance blood sugar levels, and apple contains a soluble fibre called pectin, which helps reduce nausea. The walnuts and chia seeds provide a healthy, yet gentle dose of fibre and healthy fats.

**Prep time for the oats:** Overnight

**Prep time:** 5 minutes

**Serves:** 1

## **Ingredients:**

- 1/3 cup gluten-free rolled oats
- 1/3 cup full fat, organic & pure coconut milk
- 1 tbsp chia seeds
- Pinch of Himalayan rock or Celtic sea salt
- 1/2 teaspoon pure vanilla essence, bean paste or powder (optional)
- 1 apple, peeled and grated or chopped
- Sprinkle of cinnamon (optional)
- 1 tsp raw, unfiltered honey

## **Method:**

- Peel and dice the papaya into bite-sized chunks.
- Place in a bowl, drizzle with the almond butter and sprinkle with cacao nibs.

