



Tips to Combat Monday-itis **Lola Berry 05/04/10**

Some mornings we wake up and just need a mega-energy boost!
We often go straight for that caffeine hit! There are loads of other ways to get you feeling tip-top on a Monday morning!

First things first! I get up and have a massive skull of water! When you're groggy and tired, a good gulp of water is a quick way to freshen up!

If you don't feel hungry when you wake up and find it hard to eat breaky, it can be a sign that your liver is under-functioning. Lemon juice in warm water is a ripper way to stimulate appetite and liver function at the same time!

You need breaky to kick start your metabolism, feed the brain and give you sustained energy for the day. Believe it or note, by eating breaky you can stimulate weight loss!

Ripper beaky ideas:

Rolled oats with berries, almonds, agave (natural sweetener which comes from a cactus, in fact the very same cactus tequila comes from) and almond milk.

- Quinoa porridge with sultanas and coconut milk
- Poached eggs, tomatoes, spinach, mushrooms and rye bread.
- Lola's magic muesli; oats, pepitas, pomegranate seeds, cranberries, goji berries and fresh blueberries topped with organic yoghurt and rhubarb!

Alternatives to coffee:

Green tea (still has a nice wack of caffeine) or dandelion root tea (tastes bitter like coffee and stimulates liver detoxification)!

Mid-morning munchies:

Healthy snacks: Make your very own nut packs with: brazil nuts, macadamias, cranberries, shredded coconut, sunflower seeds, dates and/or dried apricots (shopping tips: with the dried fruit go for organic this means there no sulphur dioxide/code number 220 which is linked to allergies. And go for raw nuts and seeds cos this means they haven't been exposed to heat and have higher nutritional benefits than roasted nuts/seeds. OR if you like them roasted, roast them yourself on a low temp on the oven/grill! Yummo!

Foods to give you energy:

- Go for things high in B vitamins: raw nuts and seeds, organic eggs, whole grains (this means grains which haven't been refined and they still have the outer germ and

hull attached: ripper whole grains include: spelt, rye, millet, barley, rice, oats, buckwheat, amaranth).

- Complex carbohydrates: carbohydrates are our primary source of energy. By choosing to eat complex carbohydrates (instead of refined carbohydrates like white bread, pasta and sugary lollies) we are promoting sustained energy levels. Ripper sources of complex carbohydrates are whole grains, bananas, veggies and legumes.
- Foods high in iron: help to keep our energy levels raised. Lean red meat does contain iron but so do some things you wouldn't think of straight away. Dried organic apricots, dark leafy greens and molasses (this stuff comes from sugar cane and it's full of both B vitamins and iron so it's a ripper source of energy!)

Tips for sustained energy:

- Try snacking throughout the day to avoid energy slumps!
- Make your very own trail mix to snack on.
- *Always* eat breaky! It kick starts *everything* for a productive day!
- Listen to your body, if you're feeling low in energy it might be time for a nutritious snack!

Tips to keep you focused:

- Keep hydrated! Have a bottle of water on hand at your desk. Mix it up by putting mint leaves, berries or lemon or lime in your bottle.
- Organize healthy snacks you love and pre-pack them. This will stop you snacking on unhealthy chochy-bars.
- Still treat yourself, 80/20. 80% of the time eat whole, nutrient dense foods and 20% of the time allow yourself to have a treat!