



Nutrifix

Your Nutrilicious Lifestyle
By: Danna Levy Hoffmann



The last program you will ever need for you and your family's
health, nutrition, and lifestyle!

A Bit About Me



My story began in the kitchen, or rather in the cozy, warm and inviting home of my Grandmother, where everything revolved around food and healthy eating. At a very early age, I solidified the belief that “healthy eating is a guarantee for a good life”. In my teenage years, I had already lost my other two grandparents to cancer and this only fueled me even more to ensure that whatever goes in my mouth, is just like Grandma taught me. Fruits and vegetables were the answer.

I remember the day when I heard the words which would change my life forever :“Your Grandmother has cancer”. Do you know how one second to the next you can see your whole world crumbling down, all your beliefs being questioned and seeing how a person, who lived for health and vitality, was now sick. I felt powerless, helpless, and lost. My mentor and the guiding figure in my life, ended her path here on earth in an awful way. This motivated me to start investigation and searching further, as my beliefs were shattered and I didn’t know which way to turn to find that healthy food.

Years went by, I kept on searching for the answer and continued to eat vegetables and fruits. One day, while being pregnant with my first child, the horror returned – my mother had 2 types of cancer. Seeing this disease take over my loved ones and seeing the struggle of these people continuously losing the ability to care for themselves, I felt this overwhelming need and responsibility to break the cycle.

I went back to my childhood and realized that there was something missing, something which I had to find out, now that I was bringing a new life into this world.

Today, I raise my children with healthy habits and a lifestyle which gives us vitality, energy and more joy than I ever thought possible. Today, I don’t feel helpless anymore. Rather I feel in control of my health, my body, my mindset and my lifestyle. Today, I know that there is no diet, deprivation or delusion out there able to contribute to our wellbeing in a way that proper nutrition and eating habits can. Today, my body communicates with me and I enjoy my life – bite by bite. What about you?

Yoyo Diet Vs. Healthy Lifestyle

Diet

- Rigid menus and calorie counting
- Self hate
- "Get it done and get it over with" approach
- Giving up
- Lose weight (and unfortunatley gain it again)

Healthy Lifestyle

- Learn the basics of healthy living
- Forgiving and accepting yourself
- Developing a routine
- Gradually changing your lifestyle
- Living a healthy, satisfying and happy life!



Food For Thought

Simply ask yourself the following

1. Am I willing to invest in a change?
2. What am I willing to do for the sake of my health?
3. How will life look in the future if I don't make a change?

What Should I Avoid?



SUGAR is by far our worst enemy. It can be found in virtually every processed food out there, and goes under many names (we're talking over 50 names!). The easiest way to avoid it, is to avoid processed foods as much as possible. In recipes, you can replace sugar with one of these healthier choices: Honey, maple syrup, coconut sugar, or when all else fail, Muscovado sugar (raw, unrefined sugar, or as I like to call it, real brown sugar). Please keep in mind that if you have strong sweet cravings after dropping processed sugar, you might want to ease up on the natural stuff as well in order to take care of the addiction.

PROCESSED FOODS are often high in trans fats, sugars, and other harmful chemicals. It's best to avoid all processed foods, and know which packaged food is actually on the "safe" list.

SOFT DRINKS, energy drinks, alcohol and especially diet drinks are again full of sugars and chemicals our bodies simply don't need. You can easily replace soft drinks with some lovely and easy homemade drinks you can find in this guide. When it comes to alcohol, if you don't intend to stop drinking it, try leaning towards drinking wine or liquors, and stick to not more than two drinks. I know, I'm a party pooper, but trust me, it's worth it!

NON-ORGANIC MEATS are found to be a lot less healthy than good old organic grass fed and free range. It makes sense when you think about it, because you are what you eat eats...

NON-ORGANIC AND PROCESSED DAIRY, same as above, we want to eat the best quality food we can find. If you're big on dairy products, go for the organic, raw, sheep or goat, and least processed of the lot. Natural yogurt can easily turn into a delicious and healthy flavored one in the comfort of your own home for example. If you're generally not big on dairy, I'd suggest trying to cut it out completely. Some people find it makes an amazing difference, while others just feel deprived. It's worth giving it a try and seeing what your body says.

GLUTEN is another controversial one. You don't have to be gluten intolerant for it to affect you. Some people swear by dropping it completely. It might be worth trying to drop it for a month or so, and see how you feel. It would definitely make a difference!

REFINED OILS are a pretty big enemy too. Opt for cold pressed, extra virgin oils such as olive oil, coconut oil, almond oil, flaxseed oil, avocado oil, ghee and butter. Know which one is best for what (don't worry, I'll help you), and never overheat or burn your oils.

What Should I Drink?

Water is by far the best liquid intake you can have. Having said that, our bodies can thrive on other liquids as long as they, just like our intake of food, are real, unprocessed, and preferably organic.

Sassy Water

Sassy water is spruced up water named by Prevention magazine in honor of its inventor Cynthia Sass, who created it for the "Flat Belly Diet". It's a great way to get plenty of liquid in you, and add an extra flavor to your water. The cucumber and lemon are natural diuretics, while the ginger and spearmint help relieve bloating.

Ingredients: (5min of work, brews overnight)

2 Liters water (tap or filtered)

1 tsp freshly grated ginger (finely chopped is also good)

1/3 organic cucumber, thinly sliced

1 organic lemon, thinly sliced

12 or more mint leaves

Combine all ingredients in a large pitcher and let flavors blend overnight. Drink the entire pitcher by the end of each day, making a fresh batch in the evening for the following day.

Warm Lemon Water

A great drink to have first thing in the morning, is warm lemon water. Here are some of the proven health benefits: Helps digestion, a natural liver and lymph system flush, immune booster, happier skin and healthy weight.

Ingredients: (1min of work)

500ml of warm (not boiling) water

½ organic lemon

½ inch piece of fresh ginger root (optional)

TIP: Zest the organic lemon first and store in the freezer or dehydrate for easy use in recipes.

Cut the lemon in half and squeeze one half or the whole lemon into the water.

Peel and slice the ginger root (if using) and add to the water. Enjoy!

Coconut Water

Dubbed "nature's Gatorade", coconut water is a natural isotonic drink that provides many of the same benefits as formulated sports drinks, including the electrolytes calcium, magnesium, phosphorus, sodium and potassium, but in their natural form.

Homemade Gatorade

For those extra hot days, when we feel a bit dehydrated it's worth making this delicious lemonade

Ingredients: (5min of work)

1 liter water or coconut water

1/4 tsp Himalayan Sea Salt

Optional: 1/4 to 1/2 tsp crushed Calcium magnesium tablets or powder

¼ cup lemon juice

1-2 TBSP honey

Add everything to your liquid, mix well and refrigerate.



Breakfast, Snacks, Desserts

Oatmeal On The Go

Have on you a bag of old fashion oats, mixed together with dried fruit, nuts and seeds, cinnamon and single servings of honey. When you're out, you can stop at any coffee place, and ask for a cup of hot water. Pop your mixture in, give it a good stir, and within a few minutes, you got yourself a delicious and nutritious oatmeal on the go!

Other Things To Have With You

- A bag of nuts
- Mixed bag of nuts, seeds and dried fruit
- Medjool dates stuffed with walnuts or almonds
- Protein bars (check the ingredients first)
- Good quality protein shake
- Veggie sticks
- Fruit salad

Mom's Muffins

This recipe can pretty much turn into whatever you'd like. You can choose to add grated carrots and zucchini and have some hidden veggies in there too!

Ingredients: (10min of work, about 45min in oven)

- 1 cup applesauce
- 3 cups gluten free rolled oats
- 2 eggs
- 2 very ripe bananas, crushed
- 1 cup milk/fruit juice
- 3/4 cup maple syrup
- 1 tsp baking powder
- 1 handful crushed walnuts

you can add any fruit/dried fruit/nuts/or grated veggies

Preheat the oven on 180°C. Mix all of the ingredients together, and pour in the muffin tray filling each 3/4 of the way. Remove from the oven when the muffins are nice and golden, and a toothpick comes out clean-ish.

Enjoy for breakfast, lunch, dinner or a snack!

Note: These muffins come out denser and more moist than the not-so-healthy ones.

Breakfast Cookies

These wonderful cookies can be made ahead of time, and frozen in batches. Defrost in the fridge the night before, or take frozen with you.

Ingredients: (10min of work, about 20min in oven)

- 100g soft butter or coconut oil
- 1/2 cup apple sauce
- 3/4 cup maple syrup
- 2 large eggs or flax/chia eggs
- 2 tsp vanilla

Preheat the oven on 180°C. Process the above ingredients until well combined.

- 1/2 cup coconut flour
- 1.5 cups gluten free oats
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon

In a separate bowl, mix the above, then slowly add to the wet mixture.

- 1/2 cup nuts
- 1/2 cup raisins/cranberries
- 1/2 cup flaxseeds

Fold in. Pour mixture in an oven proof pyrex, pressing down to flatten, and pop in the oven for 15-20min, until golden. Gently cut as soon as it comes out of the oven, and let cool.

Soups

Broccoli, Ginger and Lemon Soup

Ingredients: (15min of work, about 35min to cook)

- 1 head broccoli, with stem
- 1 onion
- 2 tbsp coconut oil
- 1 tbsp minced ginger
- 3 to 4 cups vegetable broth
- 1 tsp lemon zest
- 2 tbsp lemon juice
- 1/4 tsp salt
- 1/4 cup coconut milk

Optional toppings: coconut milk, scallions, sesame seeds, roasted broccoli

Preheat oven to 200°C.

Remove broccoli florets from the stems and cut into small pieces. Peel the stems, discarding the outside, then dice stems and set aside. Toss with 1/2 tablespoon coconut oil and spread into a single layer on a sheet tray. Roast until broccoli is tender and starting to brown, 20 to 25 min.

While the broccoli is roasting, heat coconut oil over medium low in a medium stock pot. Add in minced shallots. Cook for roughly 4 minutes then add in the ginger, cooking for one more minute. Stir in the broccoli stems followed by the broth, lemon zest, lemon juice, and salt. Bring to a boil, reduce to a simmer, and cook until stems are tender and roasted broccoli is done.

Add in the roasted broccoli, reserving a few smaller pieces for topping the soup. Using an immersion blender, blend soup until creamy. If soup is too thick, add enough vegetable broth to thin it down to a good consistency.

Roasted Tomato Soup

Ingredients: (15min of work, about 40min to cook)

- 2 large onions quartered
- 2 large carrots chopped
- 9 ripe tomatoes quartered
- 4 garlic cloves
- 2 tbsp olive oil
- 1 bunch rosemary and thyme
- 1 tsp dried basil
- 2 leeks chopped
- passata
- salt and pepper to taste

Preheat the oven to 180°C.

Place onion, carrots, tomatoes and garlic in baking tray. Drizzle olive oil over veggies and place rosemary and thyme around them. Sprinkle dried basil on top. Roast 15-20min until soft.

In a large pot fry leeks until soft. Add roasted veggies, discarding the herbs, and stir. Add passata and two cups of water. Bring to a boil, reduce heat and cook for another 15-20min. Blend until smooth.



Spreads and Dips

Sunflower Seed Cream Cheese - by Cooking With Plants

Ingredients: (2min of work)

0.5 cup Sunflower Seeds
0.25 cup Filtered Water
0.25 cup Scallions
1 tbs Miso paste
0.25 tsp coarse celtic sea salt or to taste
0.25 tsp White Pepper
1 tbs Lemon Juice
0.5 tsp Onion Powder

Place all of the ingredients in a blender and process until creamy. Done!

Almond Ricotta - by Foodie Goes Healthy

Ingredients: (overnight soaking, 5min of work)

2 cups raw, blanched almonds (soaked overnight)
5-1/4 cups filtered water, divided
2 cloves garlic
1/2 teaspoon kosher salt
Pinch of pepper
1 tablespoon nutritional yeast
A few squeezes of fresh lemon juice
1/2 cup fresh basil, sliced thinly

Put almonds and 4 cups of water in a glass bowl and cover. Soak overnight for 8 to 12 hours. Drain and rinse almonds.

In a high-powered blender, place the almonds, garlic, salt, pepper, nutritional yeast, lemon juice, and 1 cup of water. Process on high, scraping down the sides as needed. Blend until the ricotta is creamy and fluffy, but still slightly grainy, like dairy ricotta. Add a little more water (about 1/4 cup) if needed to achieve a texture that is almost smooth.

Transfer ricotta to a bowl and stir in the basil. Serve immediately or refrigerate. Keep covered in the refrigerator for up to 1 week.

Garlic Herb Cheese Spread - by delightful adventures

Ingredients: (12-24hour soaking, 5min of work)

1 cup raw almonds (see notes below)
1/2 cup water
2 tbsp lemon juice
2 tbsp nutritional yeast
1 tbsp olive oil
1/2 tsp garlic powder
1/2 tsp salt
1/4 cup finely chopped fresh herbs (Parsley/dill/basil)

Place the raw almonds into a glass container and cover with water. Cover, and place in the refrigerator. Soak for 12-24 hours. Drain and rinse the soaked almonds.

Place the soaked almonds, water, lemon juice, nutritional yeast, olive oil, garlic powder, and salt into a high speed blender. Blend until smooth. Empty mixture into a bowl, add chopped herbs and mix until everything is combined.

Place in an airtight container and refrigerate for a few hours so the flavor can develop.

Store unused spread in the refrigerator in an airtight container for 4-5 days.



Vegan and Vegetarian Dishes

Parmesan Quinoa Bites - By So Very Blessed

Ingredients: (10min of work, 15-20min to cook quinoa, 30min in oven)

- 2 1/2 cups of cooked quinoa (about 140g dry quinoa)
- 3 large eggs
- 3 stalks of green onion, sliced thin
- 1 cup grated carrots
- 2 cloves garlic, minced
- 1/3 cup fresh parsley, chopped
- 3/4 cup parmesan cheese, plus extra to sprinkle on top
- 3 Tbsp chickpea flour
- 1/4 tsp pepper
- Optional: 2 cups spinach leaves, chopped

Preheat oven to 180°C. Combine all of your ingredients in a large bowl (except for the extra parmesan for the top of each bite) and mix well. Lightly oil your muffin tray. Scoop out enough mixture to fill your standard muffin tins 3/4 full. Press down firmly with your fingers or the back of a spoon. Sprinkle more parmesan cheese on top of each muffin tin portion. Bake in over for 20-30 minutes. Ready when slightly browned on top and a fairly browned crust on bottom and sides has formed. (The charm of these bites is the nice and crispy, almost chewy, crust around all the edges. So don't remove too early.....but you don't want them burnt and dried out either. So watch them carefully!).

Sweet Potato Hash & Egg

Ingredients: (10min of work, 15min to cook)

- Optional: 225g bacon, cut into small pieces
- 1 medium onion diced
- 1 large sweet potato, grated
- 4 eggs
- salt and pepper

If using, cook bacon in a skillet over medium heat until crispy. Add the onion and cook until softened. Add the sweet potato, and cook until cooked through. Make 4 spaces in the mixture, and crack an egg in each. Cover and continue to cook, until desired doneness. It would take about 5-7 minutes for eggs that are still runny. Sprinkle salt and pepper over the eggs and enjoy.

Garam Masala Dal

Ingredients: (10min of work, 15min to cook)

- 1 small eggplant, or half a bigger one
- 1 zucchini
- 2-3 carrots
- 1 onion
- 200g brown lentils
- 1-2 cans coconut milk
- 1-1.5 tsp garam masala spice mix
- 1-2 garlic cloves, or 1tsp garlic powder
- 2 tbsp coconut oil

Grate all of the veggies while the oil is melting in a wide pot. Toss in the vegetables, add salt to help them sweat, and add the garam masala as well. Cook a bit until the vegetables are softer and start giving juice. Meanwhile wash the lentils (or if you plan this meal in advance, soak them for up to), and add to the pot. Stir and let the lentils soak up all the lovely juice the veggies lost. after 5-10min add the coconut milk, and a splash of water. When everything starts boiling, turn down to medium heat, and cover. Cook until the lentils are soft, and check if it needs more salt or garam masala. Note that the garam masala is spicy. If you can handle spicy feel free to add more. If you can't, use with caution :) I always make whole rice (or regular basmati rice) to go along, and serve with yogurt. Enjoy!



Fish Dishes

Baked Lemon Butter Tilapia

Ingredients: (5min of work, about 12min to cook)

1/4 cup unsalted butter, melted
3 cloves garlic, minced
2 tbsp freshly squeezed lemon juice, or more, to taste
Zest of 1 lemon
4 thin lemon slices
4 (170g) tilapia fillets
Sea salt and freshly ground black pepper, to taste
2 tbsp chopped fresh parsley leaves

Preheat oven to 220°C. Lightly grease a baking dish.

In a small bowl, whisk together butter, garlic, lemon juice and lemon zest; set aside.

Season tilapia with salt and pepper, to taste and place onto the prepared baking dish. Scatter the lemon slices on the fish, and drizzle with butter mixture. Place into oven and bake until fish flakes easily with a fork, about 10-12 minutes. Serve immediately, garnished with parsley, if desired.

Cod with Tomato & Herb Butter

Ingredients: (15min of work, about 40min to cook)

(double the sauce for lovely leftover meal)
1 onion, finely chopped
2 garlic cloves, minced
1 Tbsp coconut oil, plus extra for drizzling
500g grape or cherry tomatoes
1/2 cup chicken stock
1/2 tsp sea salt
1/4 tsp red pepper flakes
1/4 tsp maple
4 Tbsp unsalted butter, sliced
3 Tbsp fresh chopped herbs (basil, parsley, chives, cilantro)
1kg fresh cod fillets, cut into 5 pieces
1 lemon
salt and fresh ground black pepper

Preheat the oven to 200°C.

In a small saucepan heat coconut oil over medium heat. Sauté shallot and garlic for 4-5 minutes or until soft, stirring occasionally. Add tomatoes, chicken stock, sea salt, red pepper flakes, and maple. Simmer, uncovered, for 15-17 minutes or until tomatoes break down and release their juices and liquid has almost evaporated.

Remove the saucepan from the heat and stir in the butter and fresh herbs. The herb butter should be velvety and thick. Cover and keep warm while the cod is baking.

Drizzle the bottom of a casserole dish lightly with coconut oil. You want a dish big enough to fit the cod in a single layer with some room around or you will get too much juice during baking.

Pat dry the cod really well and place in a single layer. Season with salt and pepper to taste but be generous. Drizzle the top lightly with coconut oil and squeeze of fresh lemon. I used about 1/2 lemon. Cover tightly with baking paper and bake for 12-18 minutes or until easily flaked. Baking time will depend on the thickness of the cod.

Remove from the oven and evenly spread the tomato butter over the cod. Cover back with baking paper and let stand at room temperature for 1-2 minutes before serving. You just want all the flavors to come together. Serve immediately.



Meat Dishes

Sage & Cinnamon Chicken - By Civilized Caveman Cooking

Ingredients: (5min of work, about 1 hour to cook)

6 chicken drumsticks
2 tbsp grass-fed butter (salted is fine), melted
1-2 tbsp sage
1 tbsp cinnamon
Sea salt and black pepper for taste

Preheat oven to 200°C.

Pat your chicken dry with paper towels (do not wash).

Use 1-2 teaspoons of melted butter to coat the bottom of your roasting pan.

Use the remaining butter to rub all over the chicken pieces and then season with the sage, cinnamon, and salt and pepper to your taste liking.

Arrange in your roasting pan making sure not to crowd and then bake for 30 minutes. Reduce heat to 180°C and continue baking for 20-30.

If they aren't crispy enough for you, you can broil them for the last 5 minutes.

After cooking, remove from the pan, place on a plate and tent with baking paper for 10 minutes before serving.

Whip up a batch of amazing Sweet Potato Pasta and serve them over that.

Coconut Curry Chicken Meatballs - By Nom Nom Paleo

These clean eating meatballs are so darn good. Creamy curry with a hint of lime makes this paleo dinner a favorite of the whole family.

Ingredients: (5min of work, about 35min to cook)

MEATBALLS

1/2 cup roughly chopped carrots
1 small onion, chopped
2 tbsp dry cilantro
Juice of 1 lime
2 tbsp basil
1 tbsp coconut aminos OR tamari sauce
1 tsp ground ginger
1 clove garlic
1/2 tsp ground cumin
1/4 tsp red chili flakes
1/4 tsp each sea salt and pepper
500g ground chicken

SAUCE

1 can coconut milk
1 tbsp red curry paste
1 tbsp almond butter
2 tbsp lime juice
1 tsp minced garlic

Pre-Heat Oven to 200°C

MEATBALLS

Place all the ingredients (but the chicken) into a high-powered blender or food processor and pulse until chopped. Add the chicken and mix well.

Roll into small balls and place them on a lined or greased pan.

Bake for 20 minutes, roll the meatballs over and bake them for an additional 15.

SAUCE

In a large skillet, over medium heat, heat the coconut milk.

Add the rest of the ingredients and simmer for 10 minutes, stirring constantly.

PUTTING IT TOGETHER

Add the meatballs to the sauce, stir them around and simmer for 2-3 minutes.

Serve over cauliflower rice.

About Me



Danna Levy Hoffmann-

Switzerland's Leading Expert For Nourishing-Lifestyle, helping busy, professional mothers embrace and embody new vitality, energy and eating habits, so they stop feeling overwhelmed, exhausted and confused about food and nutrition.

Her clients come to her, looking for sustainable changes and practices in the area of body health and weight issues. Having spent over a decade in her field, she teaches women the vital importance of nutrition and uses a laser-focused, personally tailored approach with her clients in her Nutrilicious Lifestyle - Tasty Eating Sexy Living Academy.

Danna can be found leading events and workshops on the topics of proper nutrition, vitality, healthy eating and renewed lifestyle.

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