



THE GAME OF CHANGE

My healthy recipes

Boost your energy, reduce stress, and start your day right with these recipes.

coachingwithgeeta.com

HEALTHY EATING DOES NOT NEED TO BE BORING.

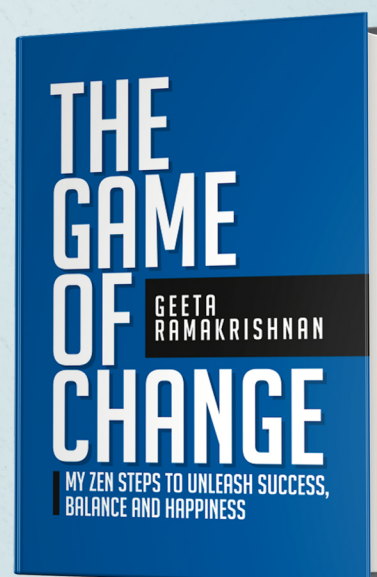
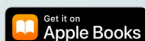


Try these healthy recipes that will give you a nice kickstart to your day. You'll actually look forward to eating them!

IF YOU LIKE THIS GUIDE

Check out my book!

AVAILABLE ON ALL LEADING PLATFORMS



1 Easy Chia Pudding

1. Soak 1 tablespoon chia seeds (or *sabja*) overnight in a glass of low fat milk.
2. Add some chopped nuts. I usually soak the nuts overnight and remove the skin before I add them. This reduces the allergents in them.
3. Top with some berries and/or bananas.
4. Add 1/2 teaspoon of Manuka honey if you like (I avoid it).



Geeta's Top Tip:

If you are lactose intolerant, you can use almond or coconut milk. Both can be made at home! Remember, they are high in calories, so use sparingly. Refrigerate this and have this yummy pudding in the morning with OJ.

2 Avocado on Wholemeal Bread Toast

1. Cut some tomatoes, onions, and some greens such as coriander leaves and green chillies to taste.
2. Cut a ripe Avacado into two, removing the seed in between and scoop the ripe pulp with a spoon.
3. Mix all of the above with a dash of salt.
4. Squeeze in some lemon and mix into a rough paste.
5. Toast the bread and spread it on. It's ready to eat!



Geeta's Top Tip:

I recommend Himalayan pink salt for a truly amazing taste!

3 Mixed Berry Smoothie

1. In a blender or food processor, add a variety of berries such as blueberries, raspberries, and strawberries with some low fat yogurt and ice cubes.
2. Blend until a smooth texture has formed.
3. Adjust the consistency with water if you like.
4. Your smoothie is ready!



Geeta's Top Tip:

This recipe is as yummy as it sounds and it's even good for your stomach! Make it a regular part of your breakfasts.

4 Pancakes

1. Make a batter with whole wheat flour, powdered rolled oats, and mix in water or some yogurt.
2. Add some cut prune pieces/black rasins and your pancake batter is ready to use.
3. Heat a lightly greased pan and make your pancakes as usual pouring in ~1/4 cup of batter for each pancake.



Geeta's Top Tip:

Drizzle in maple syrup and top with some mixed berries for a meal that truly looks good and tastes good.

5 Egg Muffins

1. Beat eggs and add any combo of tomatoes, spinach, zucchini, asparagus, Mozzarella/any cheese, garlic, onions, coriander, parsley, pepper, and mushrooms that you like.
2. Grease your muffin moulds and fill them 3/4th.
3. Preheat your oven to 180° C, and bake for 15-20 min.



Geeta's Top Tip:

I use an oil spray can for easy greasing. A mix of 3-4 veggies gives you a good 4-5 muffins.

Win the game of change with me

I know you sometimes feel like you can't win. When you feel like you succeed at work, you falter at home. These guides are made just for you, brave daughter, mother, professional, manager, entrepreneur, homemaker, dreamer, and achiever. Whoever you are, I'm here to equip you to find balance and reach your Zen state, just like I learned to do.

Wouldn't it be amazing to feel like you could take on anything life can throw at you?

Visit my website coachingwithgeeta.com to download more free and premium resources just like this one.

ABOUT ME

Geeta Ramakrishnan is an ontological coach who grew up in Mumbai, India.

She is the author of the Amazon #1 bestselling book *The Game of Change*. She is keenly interested in and intrigued by human behavior.

She is on a mission to empower women to win the game of change by providing the tools to lead a stress-free and meaningful life, in joy and peace.

