



VEGMAS

YOUR GUIDE TO A HEALTHY VEGAN FESTIVE HOLIDAY

SARAH
PIERCY
PILATES & NUTRITION

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Introduction

Hello and welcome to my FREE mini ebook, which is just a taster of what's to come in 2018.

My mission is to make people realise you can eat delicious food without being overweight and being the healthiest version of yourself.

Without going too deep, my relationship with food wasn't great for a number of years, so now I am a massive advocate of balance. There is a meme flying around that says something like 'the extra 10 pounds I carry are the nights out with friends and pizza'. I couldn't agree more, whilst I am all about helping people lose weight and live a healthier lifestyle, the ultimate goal for me is for people to reach a comfortable weight and enjoy life.

This ebook includes some delicious winter warmers that are great, healthy additions to the extra calories that December brings. There are also a few tips on how to stay as healthy as possible over the Christmas period.

Please let me know if you liked them by tagging me @sarahpilatesandwellness on Instagram and use the hashtag #vegmasbook.



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Tips to stay on track over Christmas

It's really easy to over indulge over Christmas and have the mindset of starting again in January. The damage you can do over this time period can be so bad that you end up making January so much harder than it needs to be. Here are my top tips to keep the weight gain to a minimum;

Eat breakfast – When you wake up its easy to skip a meal with the intention of eating crap later on that day. By doing this you'll only end up eating more later on, so make sure you have a nice high protein breakfast like the smoothie in this book.

Water - Drink copious amounts of water. Buy a 2 litre bottle a day and give yourself the challenge of drinking it before the evening comes. Then fill it up again and keep sipping throughout the evening.

No picking - It's tempting to pick at chocolates and sweet around the festive period. Meals around Christmas time tend to be quite calorific in themselves as well as the alcohol that goes with them. Make a rule for yourself that you won't pick between meals when visiting people and you'll save hundreds of calories.

Get moving - Make sure you are active everyday even if it's just a walk before breakfast. A 30-45 minutes fat burn walk will make a good dent in the Christmas calories.

Keep organized – It's easy when having time off not to plan your meals like you would when you are in a routine. This results in reaching for convenience food so plan your week out as you would normally to avoid grabbing on the go.

Healthy Swaps

Christmas is all about spending time with family, presents, eating and drinking. I'm not going to sit here telling you not to eat a mince pie or drink alcohol. What I will help you with is how to make better choices around the food you eat. All of the below swaps are less calories which means you can still enjoy treats without so much weight gain.

Recommended Swaps

- Vodka instead of Wine
- Puff Pastry Mince Pie instead of All Butter Mince Pies
- Dark chocolate instead of Milk Chocolate
- New Potatoes instead of Roast Potatoes
- Homemade Yoghurt Based Dips instead of Shop bought dips
- Vegetarian Options instead of Meat
- Vegetarian Stuffing instead of sausage stuffing
- Vegetable Crudites instead of sausage rolls
- Grapes and Celery instead of crackers on the cheese board

Recipes



Risotto

(Serves 2)

Ingredients

- 250g butternut squash
- 600ml stock
- 140g risotto rice
- 2 tbsp of lazy garlic (dependent on how garlicky you like things you can reduce or increase this amount)
- 100g spinach



Method

If you didn't buy chopped butternut squash like I did (you are mental) then chop the butternut squash into cubes.

Add 1 tbsp of coconut oil and 2 tbsp of garlic to an oven tray and then coat the butternut squash.

Begin by roasting the butternut squash until tender (usually 30mins)

When there is 15 minutes left on the timer for the butternut squash begin the risotto

Heat up ½ tbsp of oil of choice (I used coconut oil) in a saucepan.

Add in the risotto rice and coat with the oil

Gradually add in the vegetable stock a ladle at a time. As the rice absorbs add in more

This process will take 15-20 minutes, by the time the last of the stock is added the rice should be cooked.

Once the butternut squash is cooked, portion half out into a bowl and mash.

Once mashed stir into the risotto and then add the spinach.

Once the spinach has wilted, serve into bowls and add the remaining butternut squash on top.

Curried Butternut Squash Soup

(Serves 6)

Ingredients

- 500g butternut squash
- 100g red lentils
- 1 litre of stock
- 1 tbsp of garam masala powder
- 1 tbsp of turmeric
- 1 tbsp of chilli powder
- 1 tbsp of coconut oil
- 200ml of coconut milk
- 1 onion



Method

Chop and coat the butternut squash with half the spices and roast for 20 minutes.

In a saucepan, add the rest of the spices, coconut oil and the chopped onion until softened.

Add in the butternut squash, lentils and stock, and leave to simmer until butternut squash is soft.

Add in the coconut milk then blitz with a hand blender to your desired consistency.

Veggie Sausage Rolls

Ingredients

- All ready rolled pastry (Tesco's have a vegan one)
- Linda McCartney sausages



Method

Pre heat the oven to 200c

Roll a frozen sausage until it's fully covered.

I twisted the ends and did lines with a knife to make crackers. However, you can just roll and press the ends rather than twist them

Bake for 15-20 minutes until golden brown.

Slow Cooker Winter Oats

(Serves 4)

Ingredients

- 150g oats
- 1 pint of water
- $\frac{3}{4}$ pint of almond milk
- 1 apple chopped
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla essence
- 1 teaspoon of brown sugar
- 40g sultanas



Method

Put all ingredients minus the sultanas in to a container over night.

In the morning, put the contents of the container in to the slow cooker on low heat.

Cook between 1 and 2 hours (until oats have reached desired thickness)

Pour into bowls and top with sultanas

Cookies

Ingredients

- 80g of oats
- 1 heaped tbsp of peanut butter
- 1 ripe banana
- 1 tsp of vanilla essence
- Optional extras - dark choc chips or cranberries (for that festive feel)



Method

Pre heat oven to 180c.

Mash the banana, peanut butter and vanilla essence in to a bowl.

Add In the oats and stir so it becomes a thick consistency

Make into 7 splodges and space out on some grease proof paper

Bake for 15 minutes until golden brown.

Baked Nectarine

(Serves 1)

Ingredients

- 1 nectarine
- 1 tsp of cinnamon
- 1 tsp of vanilla essence
- 2 oreos
- 100g Alpro Plain Soya Yoghurt



Method

Pre heat oven to 180c

Chop the nectarine into chunks and place on to a baking tray.

Sprinkle cinnamon over the top with the vanilla essence.

Bake for 15 minutes until soft

Add to bowl of yoghurt and crush the Oreos on top to serve.

Ginger Zinger Juice

(Serves 1)

Ingredients

- 2 carrots
- 2 apples
- 1 inch slice of lemon (wax free)
- ¼ inch of fresh ginger
- Ice



Method

(Juicer needed for this recipe)

Chop the above ingredients into chunks

Add all to the juicer

Serve over ice

Ultimate Breakfast Smoothie

(Serves 1)

Ingredients

- 200ml of almond milk (or any milk you like)
- 1 frozen banana
- 1 scoop of Sativa Chocolate and Caramel protein
- 2 soft pitted dates
- Optional - 1 tbsp peanut butter



Method

Blitz all ingredients in a blender and voila!

The easiest breakfast you've ever made.

Stuffing & Cranberry Sandwich

(Serves 1)

Ingredients

- 2 slices of thick bread
- 100g stuffing
- 1 tbsp of cranberry sauce
- Handful of spinach



Method

Make the stuffing according to the packet and allow to cool.

Add stuffing and spinach to one slice of bread and top with some cranberry sauce.

This is a great post Christmas day lunch or evening tea option.

Ginger Bread Pancakes

(Serves 2)

Ingredients

- 1.5 cup of oats (blended in to a powder)
- 1 ripe banana
- 1 cup of almond milk
- ½ tsp baking powder (or bicarbonate soda) to make fluffy
- 1 tsp ground allspice
- 1 tsp of cinnamon
- 4 pitted dates (chopped)



Method

Blitz the oats in a blender (the pancakes will turn out better if you do this step).

Mash banana and mix with the almond milk, ginger and chopped dates.

Add in the oat flour you blended and mix together.

Heat a small frying pan with 1 tsp of coconut oil

Pour in your mixture when the pan is at a high heat. The mixture will make 6 thick pancakes.

Disclaimer

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention including but not limited to pregnancy. Please do not rely on the information in the e-book as an alternative to medical advice from your doctor or other professional health care providers. If you have any specific questions about any medical matter you should consult your doctor. You should never delay seeking medical advice.

These guidelines and recipes are not formulated to suit any nutrient deficiencies, allergies or any food related health problems. If you have such problems, please seek the help of an Accredited dietitian.

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