

How to eat healthy when working from home?

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18 AUG 2021

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**HOW DO YOU DEAL
WITH QUARANTINE
CONSTIPATION?**

**WHAT HEALTHY SNACKS YOU
CAN ADD IN TO YOUR DIET
WHILE WORKING FROM
HOME?**

**UNDER 30-MINUTE, QUICK,
EASY, AND HEALTHY
LUNCH RECIPES**

WHAT IS INSIDE

03

HOW DO YOU DEAL WITH QUARANTINE CONSTIPATION?

Keep your sluggish colon moving even when working from home. Tips and recipes to help you with this problem.

04

HOW TO MAKE HOMEMADE YOGHURT WITH YOGOURMET

Easy to follow yoghurt recipe by yogourmet

05

CAN'T STOP FROM SNACKING WHILE WORKING AT HOME?

Check out our healthy snacks list to satisfy your snack cravings without feeling guilty.

06

8 TIPS FOR EATING HEALTHY WHILE WORKING FROM HOME

Learn helpful tips to ensure you are following healthy eating protocols while working from home.

07

UNDER 30-MINUTE, QUICK, EASY, AND HEALTHY LUNCH RECIPES

Learn some quick and easy healthy meal preparation to supercharge your lunch meals.

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How to deal with quarantine constipation?

Quarantine constipation is most likely the result of not moving enough, eating junk, eating too much, not following the usual routine due to the global pandemic.

GET ACTIVE

Exercise can help the body and digestive system work at their best. A 10-15 minutes exercise or walking plan throughout the course of your work from the home schedule can help you deal with quarantine constipation.



STAY HYDRATED

Quarantine constipation can be linked to dehydration in the colon. Make it a habit that you drink up to 2 Litres of water daily to keep yourself well hydrated. This way less water will be drawn from your colon, keeping your stool soft and easy to pass.



STICK TO A REGULAR POOP SCHEDULE

Maintain normal bowel motility during the day even while working from home.

You can train your body to have regularity in your bowel movement by trying to poop at the same time every day. Normally right after waking up in the morning or after your breakfast.



EAT HIGH FIBRE FOOD

Both soluble and insoluble fibres are helpful in keeping the motility of your digestive system smooth.

Fibres add bulk to your fecal material, which hastens its passage through your gut and prevents that constipated feeling.

Some fibres are also classified as prebiotics which serves as the food of the good bacteria, probiotics. Fruits and vegetables are rich sources of these fibres.



TAKE YOGHURT OR PROBIOTIC SUPPLEMENTS

The good bacteria you can get from fermented and cultured foods or probiotic supplements have the ability in helping digestive issues like constipation.

Probiotics help by increasing the peristalsis of the digestive tract. Some strains of probiotics are better in dealing with constipation than others. Thus, getting multi-strain probiotics to give more positive benefits



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Homemade Yoghurt

yo'gourmet®



Ingredients

- 1 sachet of Yo'gourmet Probiotics Yoghurt
- 1 litre of fresh milk
- Fresh fruits/ frozen fruits
- Nuts
- Sunflower seeds
- Cereals

Method

1. Heat one litre of milk to 82°C / 180°F or bring to a boil. Let it cool down to 23-25°C / 73-77°F.
2. Dissolve one sachet of Yo'gourmet Probiotics Yoghurt in a small amount of the cooled milk in a cup. Pour back into the litre of milk and mix well.
3. Incubate for 9 to 10 hours or until the yoghurt has reached the desired firmness.
4. Refrigerate for about 8 hours to stop the incubation process.
5. The homemade yoghurt is ready to serve now. Eat it with your favourite fresh fruits, nuts, and seeds. You can top up with some cereals to increase satiety. Not forget to add on with honey for sweetness.

**HEALTHY
 SNACKS
 CORNER**

Can't Stop from Snacking while working at home?

Here are some of our healthy and delicious snacks for you.



You'll gonna love nuts!

Looking for a healthy boost of energy to get you through the day's work from home? NOW Real Food Nuts are the perfect healthy energy boost.

Nuts are a great source of heart-healthy unsaturated fats. Nuts are also packed with fibre, protein, vitamins, and minerals, including folate, vitamin E, potassium, and magnesium.



Snacks you deserve at home: Simply 7

Simply 7 follow 7 simple standards in making their healthy chips: clean ingredients, no added preservatives, 0 grams of trans fat, no artificial colours or flavours, gluten-free, simple ingredients, and simply delicious. The best thing about Simply 7 is that you can choose from a variety of flavours (mesquite BBQ, farmhouse cheddar, sea salt, sour cream, and onions, original) to satiate your cravings.

Snacking is now in session

If you are up for real, sun-ripened figs and wholesome whole wheat homemade recipe then Nature's bakery is the perfect win-win: they're nutritious and delicious. Grab a box of these sweet, but not too sweet, snacks that come with different real fruit feelings aside from fig.(blueberry, apple-cinnamon, peach apricot, raspberry, and strawberry)



8 Tips for eating healthy while working from home

01

Set up your workplace that is not in or near the kitchen or fridge

02

Schedule your mealtime (or snack time if needed)

03

Try your best to keep junk food out of your house, when you already know it can trigger a binger for you.

04

Prepare your meals ahead of time

05

Stay hydrated. Target to drink 2 Litres of water a day.

06

Track your caffeine intake. Limit your coffee intake to up to two cups only per day.

07

Don't work while you are eating.

08

Portion out snacks and meals using quarter-quarter-half method.

Nourishing Buddha Bowl



Step
1

🕒 30mins

🍽 Serves 2

Ingredients:

Ingredients for the bowls

1 cup NOW Quinoa Grain-Tri-color

Mixed salad greens

1 avocado

tahini dressings

Ingredients for toasted chickpeas

1 can Organic Chickpeas (rinsed and drained)

1 teaspoon cumin, curry powder, garlic powder

Method:

Step 1: Use a rice cooker to cook the Quinoa Grain-Tri-color. Put in a cup of Quinoa Grain with two cups of water.

Step 2: Toss your chickpeas with oil, cumin, curry, and garlic, and over medium to high heat, toast your chickpeas until crispy and browned.

Step 3: Assemble your buddha bowl. Drizzle over with your tahini dressing and a scatter of paleo mix.



Step
2



Step
3



Chicken noodle soup kallø

🕒 30mins

🍲 Serves 2

Ingredients:

1 boneless chicken thigh

1½ Kallø very low salt organic chicken stock
cubes

50g vermicelli

2 tbsp cooked sweetcorn

50g mushrooms

Garlic, spring onion, parsley, red chilli



Method:

Step 1: Dice a boneless and skinless chicken thigh. Fry with a little cooking oil until browned all over, then add the garlic cloves and fry for another few minutes.

Step 2: Add 1½ stock cubes to 800ml boiling water. Add the bruised piece of ginger, the cooked chicken and garlic cloves to the pot. Season with a pinch of salt and pepper. Reduce heat and simmer for 10 minutes.

Step 3: Add the vermicelli, sweetcorn, mushrooms and spring onions. Cook for 3 min until the noodles are tender. Serve with some parsley and thin slices of red chili.






Step
1

Pasta and Veggies in Coconut Oil



 30min

 Serves 2

“
This unrefined, premium-grade organic Coconut Oil has a rich, exotic taste from the tropics that complements almost any dish!
”



Ingredients:

- 1/3 (12 ounce) package elbow macaroni
- 2/3 cup frozen mixed vegetables
- >1 teaspoons Ellyndale Virgin coconut oil
- 1/3 pinch garlic powder
- sea salt and freshly ground black pepper
- 1 teaspoon grated Parmesan cheese

Method:

Step 1: Bring a large pot of lightly salted water to a boil. Add elbow macaroni; cook, stirring occasionally, until lightly softened, about 3 minutes. Add frozen vegetables; cook and stir until tender yet firm to the bite, about 5 minutes. Drain into a bowl.

Step 2: Place coconut oil in the warm pot. Add macaroni mixture, garlic powder, sea salt, and pepper; toss until combined, 1 to 2 minutes. Top with Parmesan cheese.



Step
2



Hearty salad



15-20mins



Serves 1-3

Step
1

Ingredients:

- 2 oz chopped kale
- 2 tbsp chopped cherry tomatoes
- 1 tbsp chopped olives
- 1 oz sliced bacon
- 2 tbsp sliced red onion
- 1 tbsp sliced fresh basil
- 1 oz fresh mozzarella, diced
- kosher salt and freshly ground pepper
- 1 1/2 tbsp Balsamic Vinegar
- 1 1/2 tbsp Ellyndale Extra Virgin Olive Oil

Method:

In a large bowl, combine the kale, cherry tomatoes, olives, bacon, onion, basil, and mozzarella.

Season with salt and pepper then add the balsamic and olive oil.

Toss thoroughly to fully incorporate the ingredients and evenly coat the kale with dressing.

Serve with a toasted baguette.

“
**This full-bodied
Organic Extra Virgin
Olive Oil has a
pleasantly fruity,
well-balanced
flavour that
complements your
favorite salads !**
”



Step
2