



A perfect diet!?

Paleo, low carb, vegan or Mediterranean? What is the best? What should we eat? I think food choice is one of the most complicated issues for human beings. Imagine, a cow is standing in front of fresh grass and a stack of cupcakes (or beef sausages?). Is she going to struggle to decide which to eat? Of course not! I believe our ancestors knew what they should and shouldn't eat but now most humans don't know what their bodies need. It's a sad fact, isn't it? We may have lost our ability to listen to our body and to taste foods properly because of highly processed junk foods and excess refined sugar, I feel. So, possibly if you eliminate such foods from your diet, you may be able to regain your good sense of finding what foods do good or harm to your body. Instead of searching a best diet for you, why don't you try getting rid of the processed junk foods? It may be difficult for some people but the rewards can be amazing. You will taste foods better, discover new tastes and feel better, which will guide you towards the best diet for you. Stop relying on Google and eat salad noodle!

Salad noodle (serves 3-4)

Ingredients:

(For salad)

2 portions of rice noodle
(110-120g)

Vegetables that you like:

I used 1 carrot, 2 leaves of red cabbage, 1 bunch of pak choi, coriander, 6 cherry tomatoes, 2 spring onions, 1 small onion

(Dressing)

Juice from 1-2 limes (about ¼cup)
¼ cup apple cider vinegar
1 tablespoon fish sauce
1 tablespoon coconut sugar
1-2 clove garlic—chop finely
1 tablespoon sesame oil
Salt & pepper to taste
Chopped fresh chillies (optional)



Directions:

- 1) Soften rice noodle in a hot water.
- 2) Cut & slice up all vegetables.
- 3) Mix all ingredients except for garlic and oil.
- 4) Fry garlic in sesame oil until they become golden.
- 5) Drain rice noodle (if there is excess water) and mix with 2), 3) and 4).
- 6) Cool 5) in the fridge before serving.

Easy substitutions for 'JUNK' (fast & processed) foods.

- ✗** Potato chips
- ✓** Slice up a potato and toast on a sandwich press with coconut oil or ghee butter. Or try plantain chips! (see my newsletter vol.2)
- ✗** Fast foods' burger
- ✓** Microwave chicken (or your favourite meat) and wrap it with lettuce. (+ tomato, cheese, beet root etc.)
- ✗** Sausages
- ✓** Mix mince or diced meat with mix herbs, chopped garlic & onion and fry with a good oil. (e.g. avocado, ghee butter or coconut oil)