



Healthy Recipes, Tips & DIYs

Compliments of Kutztown University
Office of Veterans Services

*That actually taste great too!

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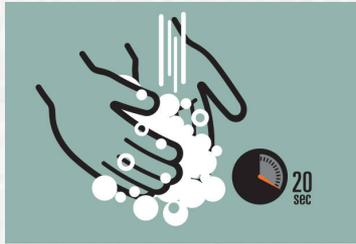
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Health Recommended

The greatest wealth is your health



Before we start, it is important to properly clean hands first!



- When sanitizing your hands, be sure to wash with antibacterial soap and clean warm water for at least 20 seconds (or sing the “Happy Birthday” song twice)
- If soap and water is unavailable, be sure to use hand sanitizer that contains at least a 60% alcohol content and distribute amongst hands for at least 20 seconds



BEVERAGES

Green Tea with Grapefruit



Ingredients

- Water
- 2 bags of green tea
- 1 whole grapefruit
- 1 sprig of rosemary

Directions

- **STEP 1** Pour 150ml cold water into a large heatproof jug then top up with 450ml boiling water. Add the tea leaves and leave to steep for 2 mins.
- **STEP 2** Meanwhile, fill your teapot with boiling water to warm it. Once the tea has steeped, pour away the water in the teapot then add the grapefruit and rosemary. Strain the green tea into the teapot, leaving the tea leaves behind. Don't throw the leaves away – you can re-brew them again for another pot that same day. (For the second brew, make sure you let the mixture steep for 3-4 mins.)
- **STEP 3** Let the grapefruit and rosemary infuse for a few moments, then serve. Add honey or agave syrup to sweeten if you like.

BEVERAGES

Raw Raspberry Shrub

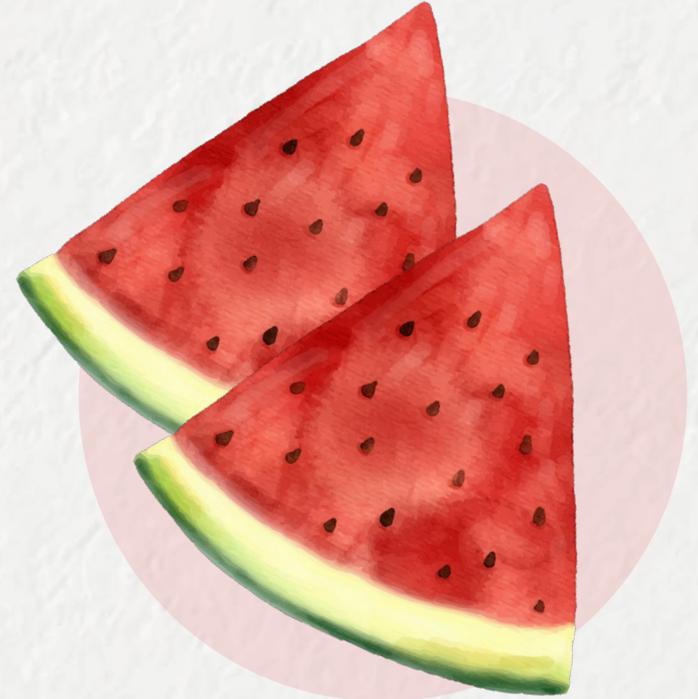


Ingredients

- 300g raspberries
- 50g raw honey
- 75ml raw apple cider vinegar
- ½ small pack mint , leaves only
- 750ml bottle sparkling water
- ice

Directions

- **STEP 1** Put half the raspberries in a large bowl and lightly crush some of them with a muddler or a potato masher. Pour over the honey, stir well, cover and leave in the fridge overnight.
- **STEP 2** The following day, stir in the vinegar, then tip the mixture into a sieve over a large jug and press through using the back of a spoon.
- **STEP 3** Add the remaining raspberries, the mint leaves, sparkling water and ice. Stir gently to combine, then serve.



BREAKFAST

Chia Pudding



Ingredients

- ¼ cup chia seeds
- 1½ cups cashew milk, almond milk, or coconut milk
- 1 tablespoon maple syrup, more for serving
- ¼ teaspoon cinnamon
- pinch of sea salt
- ½ tablespoon Meyer lemon juice or orange juice, optional
- lemon zest or a few drops of lemon oil, optional
- seasonal fruit and/or chopped nuts, for topping

Directions

- **STEP 1** In a large jar or bowl, stir together the chia seeds, milk, maple syrup, cinnamon, salt, lemon juice, and lemon zest, if using.
- **STEP 2** Chill covered for 30 minutes, then stir again, incorporating the chia seeds that have sunk to the bottom. Chill for about 6 hours, or overnight, until the chia pudding is thick. If it gets too thick, stir in a little more milk to reach your desired consistency.
- **STEP 3** To serve, scoop chia pudding into bowls and top with fruit, nuts, and maple syrup, as desired.



BREAKFAST

Vegan Pumpkin Pancakes



Ingredients

- 1 tablespoon ground flaxseed + 3 tablespoons water, (or 1 egg)
- 1½ cups (180g) all-purpose flour* (see note below)
- 2 tablespoons cane sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- heaping 1 teaspoon cinnamon
- heaping ¼ teaspoon sea salt
- ½ cup canned pumpkin puree
- 1 cup plus 3 tablespoons almond milk, at room temperature
- 2 tablespoon melted coconut oil, plus more for brushing
- 1 1/2 teaspoons vanilla extract

Directions

- **STEP 1** In a small bowl, combine the flaxseed and water and set aside for 5 minutes to thicken.
- **STEP 2** In a large bowl, combine the flour, cane sugar, baking powder, baking soda, cinnamon, and salt.
- **STEP 3** In a medium bowl, whisk together the pumpkin, almond milk, coconut oil, vanilla, and the flaxseed mixture.
- **STEP 4** Pour the wet ingredients into the bowl with the dry ingredients and stir until just combined. A few lumps are ok, do not overmix. The mixture will be thick, but if it's too thick, gently stir in a little more almond milk.
- **STEP 5** Heat a nonstick skillet or griddle to medium heat. Brush the skillet with a little coconut oil and use a ⅓-cup measuring cup to pour the batter onto the pan. Use the back of the cup to gently spread the batter a little more. Cook the pancakes for 2 minutes per side, turning the heat to low as needed so that the middles cook without burning the outsides. I usually start with medium heat, and move to low heat as my pan starts to hold residual heat after each batch.
- **STEP 6** Serve with maple syrup, yogurt, and pecans, as desired



LUNCH

Taco Salad in a Jar

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1lb. ground turkey
- kosher salt
- 1tbsp. Taco Seasoning
- 1 15-oz. can black beans, rinsed and warmed
- 2 c. frozen corn, thawed and warmed
- 1 head romaine, chopped
- 1c. shredded pepper Jack cheese
- 1c. diced tomatoes



Directions

- **STEP 1** In a large skillet, heat oil over medium-high heat. Add turkey and season with salt and taco seasoning. Cook, breaking up with the back of a wooden spoon or spatula, until deeply golden and cooked through, 8 to 10 minutes. Set aside and let cool 5 minutes.
- **STEP 2** Among six mason jars, layer ground turkey, black beans, corn, romaine, cheese, and tomatoes. (Pack in a cooler.)

Tip: pack protein in separate container for later consumption

LUNCH

Ingredients

- 3 tbsp. mayonnaise
- 2 tsp. lemon juice
- 1 tbsp. finely chopped chives
- Freshly ground black pepper
- Kosher salt
- 6 hard boiled eggs, peeled and chopped
- 1 avocado, cubed
- Lettuce, for serving
- Cooked bacon, for serving

Directions

- **STEP 1** In a medium bowl, whisk together mayonnaise, lemon juice, and chives. Season with salt and pepper.
- **STEP 2** Add eggs and avocado and toss gently to combine.
- **STEP 3** Serve with lettuce and bacon.

Keto Egg Salad



DINNER

Peach and Pancetta Salad

Directions

- **STEP 1** Place a large saucepan, three-quarters full of water, over high heat. Bring to the boil and stir in lentils and bay leaves. Return to the boil, then reduce heat to medium and simmer for 15-20 minutes until lentils are just tender. Strain and run under cold water, then set aside to cool in a large bowl.
- **STEP 2** Place pancetta and 1tbs olive oil in a large non-stick frypan over medium heat. Cook, stirring frequently, for 14-15 minutes until fat has rendered and pancetta is crispy. Remove from the pan and set aside.
- **STEP 3** Return pan to medium heat and add eschalot, garlic, chili and thyme. Cook, stirring, for 3-4 minutes until eschalot is softened. Transfer to the bowl with the lentils, add red wine vinegar, remaining 85ml olive oil and season. Arrange lentil mixture on a serving platter and top with pancetta, peach, rocket and herbs.
- **STEP 4** Crumble over goat's cheese to serve.

Ingredients

- 200g green lentils
- 2 bay leaves
- 200g flat pancetta, cut into 1.5cm-thick lardons
- 1/2 cup (125ml) extra virgin olive oil
- 1 eschalot onion, finely chopped
- 1 garlic clove, finely chopped
- Pinch of chili flakes
- 2 thyme sprigs
- 1/4 cup (60ml) red wine vinegar
- 4 small peaches, seeds removed, cut into wedges
- 1 bunch rocket, leaves picked
- 1/2 cup loosely packed mint
- 1/2 cup loosely packed parsley
- 1/2 cup loosely packed basil
- Crumbled goat's cheese, to serve



DINNER

Fish Tacos with Avocado Salsa



Ingredients

- 600g skinless white fish fillets (such as flathead), pin-boned
- Large pinch of cayenne pepper
- 1teaspoon ground cumin
- 1tablespoon olive oil
- 8 taco shells
- 1baby cos lettuce, finely shredded
- Coriander leaves, to serve
- SALSA
 - 2 ripe tomatoes
 - 1green capsicum, finely chopped
 - 1avocado, flesh finely chopped
 - 1tablespoon pickled sliced jalapeño chilies, drained, finely chopped
 - 1/2 red onion, thinly sliced
 - 2 tablespoons coriander leaves
 - 1garlic clove, crushed
 - 1/2 teaspoon ground cumin
 - 1tablespoon lime juice
 - 1tablespoon olive oil

Instructions

- **STEP 1**Preheat the oven to 180°C.
- **STEP 2**For salsa, halve the tomatoes, squeeze out and discard the seeds and juice, then finely chop the flesh. Place in a bowl with the remaining salsa ingredients, season with salt and pepper and mix to combine.
- **STEP 3**Stack taco shells upright in a baking dish and heat in the oven for 5 minutes.
- **STEP 4**Meanwhile, dust the fish with the cayenne, cumin, salt and pepper. Heat oil in a non-stick frypan and sear the fish for 1-2 minutes on each side until just cooked through.
- **STEP 5**Fill each taco shell with a layer of cos lettuce, top with the fish and spoon the avocado salsa over the top. Scatter with the coriander leaves and serve.



SUPERFOOD LIST



Berries

- High in antioxidants and disease fighting nutrients



Fish

- High in omega-3 fatty acids and protects against heart disease



Tomatoes

- Good source of vitamin C, lycopene and is known to reduce risk of prostate cancer



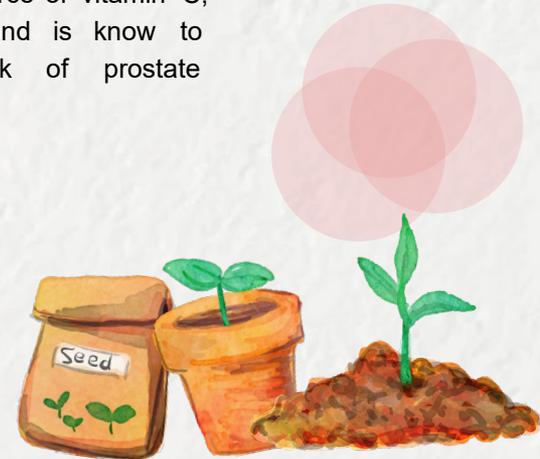
Legumes

- Good sources of fiber, folate, protein and is known to reduce risk of heart disease



Leafy Greens

- Good source of vitamin A & C, calcium and fiber



HEALTH RECOMMENDATIONS



BENEFITS OF MANGOES

@healforreal

- The Real Miracle Sleep Aid
- Amazing to help fight stress
- Alleviates Constipation
- Viral Protection
- Great pre/post workout
- Rich in minerals for your skin
- Helps with Infertility
- Uplifts your Mood
- Promotes Spiritual Dreams



NUTS

✓ **LUNCH**

- LOWERS RISK OF BLOOD PRESSURE AND KEEPS HEART HEALTHY

✗ **DINNER**

- HIGH IN FAT AND CALORIES. SO EATING FOR DINNER MAY LEAD TO WEIGHT GAIN.

KNOW YOUR HERBS

<p>Sage</p> <p>Shown to enhance cognitive function</p> 	<p>Rosemary</p> <p>Helps to inhibit formation of free radicals</p> 	<p>Parsley</p> <p>Contains powerful antioxidants</p> 
<p>Cilantro</p> <p>Facilitates the removal of heavy metals</p> 	<p>Mint</p> <p>Known for its anti-nausea effects</p> 	<p>Basil</p> <p>Contains antioxidants & anti-bacterial properties</p> 



HEALTH RECOMMENDATIONS

10 TIPS TO HELP UNIVERSITY STUDENTS LOOK AFTER THEIR MENTAL HEALTH IN LOCKDOWN

 @BELIEVEPHQ

6 RULES HOW TO AVOID STRESS



**CONCENTRATE
ON ONE TASK**



**HAVE A SUPPLY
OF TIME**



**MAKE
A TO-DO LIST**



**GET ENOUGH
SLEEP**



**BALANCED
DIET**



**GIVE TIME
TO HOBBIES**



STAY CONNECTED

Keep connected to your friends and family through the use of online technology. This can help boost mood and reduce anxiety



KEEP ACTIVE

Where possible try and be active and engage in regular exercise. Whether it is an online yoga session or some HIIT training, exercise is a great way for reducing stress



ASK FOR HELP

If you are struggling ask for help from your tutor, GP or reach out to a local mental health charity. Don't be afraid to ask for help from friends or family



STAY TRUE TO VALUES

Engage in activities that provide you with a sense of meaning and importance. Connecting with your values can increase confidence and boost mood



PLAN YOUR WEEK

Organise your week and try and plan in activities that provide you with a sense of pleasure, connectedness and achievement.



BE CREATIVE

Get creative and try something new. Set yourself a challenge and see how well you can achieve it



HELPING OTHERS

Helping and supporting others can provide you with a number of positive emotions and connect you with other people



BE MINDFUL

Slow down what you are doing and try to focus all your senses on the present moment. Mindfulness is a great way for relieving stress



PHYSICAL HEALTH

Look after your physical health. Stay hydrated, eat a well balanced diet and make sure you are maintaining positive sleep habits



REST AND RECOVERY

Schedule time to engage in some active self care and rest and recovery



HEALTH RECOMMENDATIONS

**life
hacks**

#1117

Top ten ways to De-stress:

1. Play with a puppy
2. Drink some hot tea
3. Take a bath
4. Go for a run
5. Blare some music
6. Make a list
7. Catch up with a friend
8. Read a book
9. Turn off your phone
10. Sleep it off

@1000LifeHacks
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**life
hacks**

Feeling stressed? Grab a banana, or an avocado. Both of these fruits help the mind relax, instantly making you happier!

#550

1000LifeHacks.com

**life
hacks**

#2110

Lemon water helps clean the toxins out of our bodies. When you get rid of toxic waste in your system, your skin will show it first.

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HEALTH RECOMMENDATIONS

Exercise to relieve stress



Jogging



Cycling



Walking



Swimming



Exercise



Yoga

YOGA POSES FOR TIGHT HIPS

AND LOWER BACK PAIN

SUNWARRIOR



Child Pose



Cat Pose



Cow Pose



Pigeon Pose



Eye of the Needle



Garland



Lizard Pose



Cow Face Pose



Seated Twist



Low Lunge



Upward Dog



Happy Baby

Breathe deeply for 10-15 counts and then release and repeat on the other side

MORNING SMOOTHIE

ONE HEALTHY NATION



1-2 cups of plant based milk such as almond, coconut, etc.



1 cup of greens, such as spinach, kale etc.



1 cup of berries such as blueberries, raspberries, etc.



1-2 Tbsp of seeds such as chia, hemp etc.



1 serving of healthy fats such as avocado, almond butter etc.



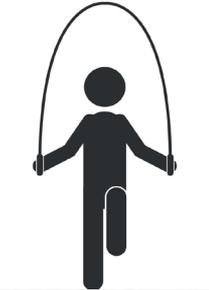
1 scoop of plant based protein



HEALTH RECOMMENDATIONS

Exercises that can help prevent and treat osteoporosis (bone -health) related issues :

- Walking (low impact)
- Jogging (high impact)
- Climbing stairs (moderate impact)/using StairMaster (low impact)
- Dancing (moderate impact)
- Jumping rope (high impact)



HEALTH RECOMMENDATIONS



Here Are Some Science-Backed Health Hacks for Busy Bees

1. Follow a consistent workout routine
2. Use your own weight for resistance instead
3. Take a group class
4. Listen to music
5. Stand more at work
6. Get a workout buddy
7. Participate in a race
8. Log the foods and liquids you consume
9. Portion control is key
10. Substitute sugar with cinnamon in hot drinks
11. Shower before bed to help decompressing
12. Try to put your phone away from arms reach before bed



Enjoy!

