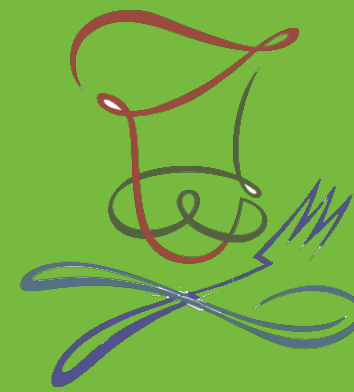


GASTRONOMIC CRAVINGS Vol. 1

Healthy Meal ideas for a Day BY MITCHEL AFRICA



BREAKFAST



Choco Quinoa with Fruits

Get energized to kick off your day actively and productively!



Ingredients:

Quinoa

Cocoa Powder

Milk Powder

Organic Milk

Evaporated Milk

Fruits of Choice (Banana, Mango, Blueberry)

Dark Chocolate

Honey

Quinoa, pronounced 'keen-wa', is a gluten-free protein-packed alternative to starchy grains. The UN named 2013 as 'International Quinoa Year' in recognition of the crop's high nutrient content.

Quinoa contains iron, B-vitamins, magnesium, phosphorus, potassium, calcium, vitamin E, and fiber. On top of that, like buckwheat, it has all nine essential amino acids. It is least allergenic of all the grains, high in anti-inflammatory phytonutrients and an antioxidant as well. These make Quinoa an excellent choice for meals especially in the morning.

There are lots of recipes to cook quinoa but this choco-filled, fruit-sweetened breakfast idea is irresistible to start your day.

First, rinse quinoa in water to clean. Some packed quinoa does not have the bitter covering, however, a good rinse will be beneficial. Then, place a small saucepan with water over medium heat. Once hot, add rinsed quinoa and toast. Add cocoa powder and organic milk and honey.

Top with fruits and dark chocolate and drizzle with cocoa and milk powder. Serve with hot milk and enjoy.

References:

Lewin, Jo. (n.d.). *Health benefits of... quinoa*. BBC Good Food. Retrieved from <https://www.bbcgoodfood.com/howto/guide/health-benefits-quinoa>

Ware, Megan (July 2016). *Quinoa: Health Benefits, Nutritional Profile*. Medical News Today. Retrieved from <http://www.medicalnewstoday.com/articles/274745.php>

SNACK (Mid Morning)



Coconut Milk Glazed Sweet Potato

Indulge with sweet and sour snack on-the-go



Ingredients

Sweet potato

Brown Sugar

Coconut Milk

Lemon

For the smoothie:

Banana

Mango

Pineapple Syrup

Milk

Ice

Whether you are working in the office, studying in school or staying at home, this snack will definitely keep you sated in the middle of the morning. This snack is worth eating despite of your busy and hustling schedules.

Sweet potato contains a wealth of antioxidants. It is rich in Vitamin A and a better source of beta-carotene than green-leafy vegetables, according to studies. Sweet potatoes also have anti-inflammatory nutrients and can improve blood sugar regulation. Bananas contains potassium, which is important to maintain fluid levels in the body and regulates the movement of nutrients and waste products in and out of cells. Many studies have suggested that increasing consumption of mango decreases the risk of obesity, diabetes, heart disease and promotes a healthy complexion and increases energy.

For this snack, steam the sweet potato for several minutes until soft. While steaming prepare the coconut milk syrup, heat coconut milk and pour brown sugar. Once evenly mixed, cut the sweet potatoes and dip in the coconut syrup for about 10 seconds. Refrigerate the sweet potatoes and serve with lemon to achieve the sourly taste.

For the banana-mango smoothie, cut mangoes and bananas. Blend it together with milk, pineapple syrup and ice.

References:

The George Mateljan Foundation. (n.d.). What's New and Beneficial about Sweet Potatoes. Retrieved from <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=64>

Ware, Megan. (February 2017). *Bananas: Health benefits, facts, research*. Medical News Today. Retrieved from <http://www.medicalnewstoday.com/articles/271157.php>

Ware, Megan. (October 2015). *Mangoes: Health Benefits, Nutritional Breakdown*. Medical News Today. Retrieved from <http://www.medicalnewstoday.com/articles/275921.php>

Lunch



Creamy Mixed Vegetables Pasta

Have a light afternoon delight



Ingredients:

String beans

broccoli

snow peas

cabbage

carrots

tomato

onions

garlic

vegetable oil

chicken

quail eggs

cornstarch

Afternoons could be rather tiring and a great tasty but light lunch would be a great deal. Have a healthy balance of essential nutrients you need to keep up with your activities with this Creamy Mixed Vegetables Pasta. This will satisfy your hunger and give you energy without being too full to have a fun-filled afternoon.

Pasta is high in carbohydrates, so it is a great source of energy. Green vegetables provide essential vitamins and minerals. This recipe has chicken and eggs also for protein.

To start, fill saucepan with water and bring to a boil. Season with pinch of salt and add pasta. When finished, use a colander to drain the pasta.

Boil the chicken until half cooked and break it into small flakes. Prepare the pan with vegetable oil then add the onions and garlic. Add the vegetables, eggs and chicken. Add the milk and cornstarch dissolved in water. When cooked, mix the pasta with the vegetables. *Voila!* Season and serve with tomatoes and cabbage.

References:

Baer-Sinnott, Sara. (December 2010). *Scientists Confirms Health Benefits of Pasta Meal*. The Food Journal and Food, Nutrition & Science. Retrieved from <http://www.foodnutritionscience.com/articles/scientists-confirms-health-benefits-of-pasta-meal/>

Pandey, Aradhana (January, 2016). 7 reasons to eat more green, leafy vegetables. The HealthSite. Retrieved from <http://www.thehealthsite.com/fitness/health-benefits-green-leafy-vegetables-k0115/>

SNACK (Mid Afternoon)



Fruit Salad with Watermelon Smoothie

Refresh with a sweet and fruity afternoon



Ingredients:

Apple

Pear

Mango

Banana

Pineapple

Rambutan

Blueberry

Condensed Milk

Evaporated Milk

Coconut Milk

For watermelon smoothie:

Watermelon

According to US Department of Agriculture, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Salads and smoothies are easy to make and taste delicious at anytime of the day. For a burst of fruity goodness, try these recipes for a mid afternoon snacks.

Fruit salad. Cut the fruits of choice into smaller bits. Pour milk and mix until even. Place in the fridge to cool. Serve cold with a smoothie.

Smoothie. Cut the fruit of choice (watermelon). Add ice and blend until it is com-

pletely smooth. Pour the smoothie into glasses and enjoy!

Reference:

USDA. (June 2015). *Why is it important to eat fruit?* Retrieved from <https://www.choosemyplate.gov/fruits-nutrients-health>

Dinner



Grilled Stuffed Fish and Mashed Potato

Crave for a tasty dinner that has a healthy balance of essential nutrients



Ingredients

Fish

Tomato

Onion

Salted Egg

Soy Sauce

Honey

Lime

Sweet Potato

Fish is a low-fat high quality protein filled with omega-3 fatty acids and vitamins such as D and B2. It is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet.

Grilled food is generally a healthier choice -- there's no batter coating or dripping grease. For this dinner idea, fish stuffed with small cuts of tomatoes, onions and salted egg is grilled until cooked. Serve with mashed sweet potato and choice of sauce - soy sauce or honey lime. *Bon appetit!*

References:

Washington State Department of Health. (n.d.). *Health Benefits of Fish*. Retrieved from <http://www.doh.wa.gov/CommunityandEnvironment/Food/Fish/HealthBenefits>

Magee, Elaine. (n.d.). A Healthier Way to Grill. Retrieved from <http://www.webmd.com/food-recipes/features/a-healthier-way-of-grilling>

Dessert



Blueberry Oreo Cheesecake

Very Berry Treat for tonight



Ingredients:

Oreo cookies

Cream cheese

Blueberry

Blueberry Jam

This no-bake cake is a must to try at home. End your day with a little sweetness of blueberry and cream cheese. But take note, this may require effort and time.

Blueberries are one of the most popular summer treats of all time. Blueberries have been associated to maintain healthy bones, lower blood pressure, manage diabetes, ward off heart disease, prevent cancer and more.

To prepare this delightful treat, first, remove the cream of the Oreo cookies. You may need to use lots of oreos for a small cake. Crush the cookies and blend it to fine bits. Get a container and pour some of the crumbs to make the first layer. Spread the softened cream cheese for the second layer and top with another layer of crushed

Oreos. Spread the blueberry jam and add some real blueberry fruits to achieve a more berry taste. Top the cake with the last layer of Oreo cookies. Chill the cake and serve with blueberry toppings.

Reference:

Ware, Megan. (March 2016). Blueberries: Health Benefits, Facts, Research. Medical News Today. Retrieved from <http://www.medicalnewstoday.com/articles/287710.php>