



Footnotes;

\* Between the main supermarkets (Mercadona & Hipo Dino), food markets & an optional supply of my favourite v+gf go-to's from the UK, some of which I can get here for a much higher price (pea protein – for my smoothies & soups, cereal/salad toppers linwoods flaxseed, gf muesli/oats & v+gf snack/protein bars)

\*\*I'm not really a fan of using the word "diet" to describe my eating pattern as I associate it with younger, irrational years of sometimes restricting myself to a non-nourishing amount of calories / fat / carbs not grasping how fulfilling it feels to truly nourish

your body (&mind) with soulful nutritious delicious food & drinks!) I feel it sad to see so many people resort to this at any age when it really can be so easy to enjoy your FUEL in a healthy tasty nutritious way. What's the point of being slim if your tale-telling skin, eyes & hair look dull & undernourished? Being healthy from the inside shines through on the outside and takes care of both long-term as opposed to a "quick-fix" diet that one can't (& definitely shouldn't!) sustain! This is also relevant to those bodybuilding – usually fixated on the highest quantity of protein they can consume neglecting to include the goodness of other food groups such as fresh vegetables, fruit & fortifying slow releasing carbohydrates. Many not releasing the natural sources of protein & less manufactured protein supplements: which are easier for the body to breakdown.

\*\*\*I've got no dietary reason not to eat eggs but I just prefer not to as for me it's not really viewed a sacrifice as I never enjoyed them that much & more times than not I can't consume the food made with them (cakes, quiches etc) due to my intolerance of gluten & dairy.

\*\*\*\*E.g. salad (as a side dish or alone): dark leafy greens, purple leaves, grated carrot, cherry tomatoes (&when you can buy them: yellow cherry tomatoes & large green tomatoes – very tasty!), red & green pepper, beetroot, topped with protein, minerals + calcium: tofu & pine nuts, crushed walnuts / almonds & seeds e.g. pumpkin/sunflower – optional extra goodness (inc. omega3 & fiber) sprinkle linwoods flaxseed before drizzling your choice of dressing – I love squeezing fresh lime & either sweet chili or balsamic glaze, sometimes seasoning with sweet pepper &/ ginger powder (mostly for enhancing the tofu) – it's always an experiment – I never follow recipes!