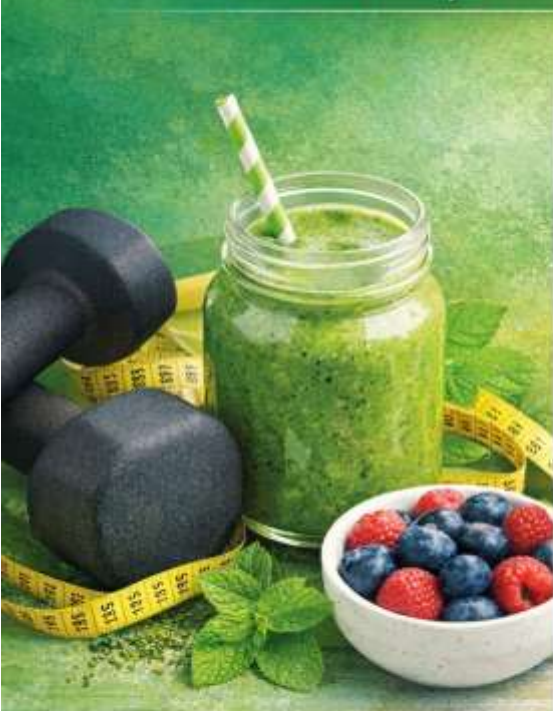




One Cup, Spoon & Sip

A Wellness Recipe eBook for Mind & Body



GYM EDITION



MENTAL WELLNESS EDITION

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*Everyone has a journey they must conquer.
What will yours be?*

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TEA

(Mental calm, digestion, immunity)

1. Rooibos Calm Tea

Purpose: Stress relief, antioxidant support

Ingredients:

- 1 rooibos tea bag
- 1 cup boiling water
- 1 tsp honey (optional)

Method:

Steep tea bag in boiling water for 5–7 minutes. Sweeten lightly if desired.

2. Ginger Digestive Tea

Purpose: Digestion, mental grounding

Ingredients:

- 2–3 slices fresh ginger
- 1 cup water
- Lemon slice (optional)

Method:

Boil ginger in water for 10 minutes. Strain and sip warm.

3. Chamomile Sleep Tea

Purpose: Sleep, nervous system calm

Ingredients:

- 1 chamomile tea bag
- 1 cup hot water

Method:

Steep for 5 minutes. Drink 30 minutes before bed.

4. Peppermint Relief Tea

Purpose: Bloating, mental clarity

Ingredients:

- Fresh or dried peppermint leaves
- 1 cup hot water

Method:

Steep for 5–7 minutes. Drink after meals.

5. Moringa Energy Tea

Purpose: Focus, gentle energy

Ingredients:

- 1 tsp dried moringa leaves
- 1 cup hot water

Method:

Steep for 5 minutes. Best consumed in the morning.

6. Turmeric Root Tea

Purpose: Anti-inflammatory, brain health

Ingredients:

- 1 tsp grated turmeric
- Pinch of black pepper
- 1 cup hot water

Method:

Steep 10 minutes. Strain before drinking.

7. Lemon Cinnamon Tea

Purpose: Appetite control, focus

Ingredients:

- 1 cinnamon stick
- Lemon peel
- 1 cup water

Method:

Simmer for 10 minutes. Drink warm.

8. Fennel Seed Tea

Purpose: Digestive calm

Ingredients:

- 1 tsp fennel seeds
- 1 cup hot water

Method:

Crush seeds lightly. Steep for 7 minutes.

9. Clove & Ginger Tea

Purpose: Immune support

Ingredients:

- 2 cloves
- Ginger slices
- 1 cup water

Method:

Boil for 10 minutes. Strain and sip.

10. Lavender Evening Tea

Purpose: Anxiety relief

Ingredients:

- ½ tsp dried lavender
- 1 cup hot water

Method:

Steep for 5 minutes. Drink slowly.

SMOOTHIES

(Mood, energy, recovery)

1. Banana Peanut Butter Mood Smoothie

Ingredients:

- 1 banana
- 1 tbsp peanut butter
- 1 cup milk or yoghurt

Method:

Blend until smooth.

2. Berry Brain Boost Smoothie

Ingredients:

- ½ cup berries
- 1 cup yoghurt
- 1 tsp honey

Method:

Blend well. Serve chilled.

3. Green Calm Smoothie

Ingredients:

- 1 cup spinach
- 1 banana
- 1 cup water

Method:

Blend until smooth.

4. Oats & Cinnamon Balance Smoothie

Ingredients:

- 2 tbsp oats
- 1 banana
- Cinnamon pinch
- 1 cup milk

Method:

Blend until creamy.

5. Gut-Healing Yoghurt Smoothie

Ingredients:

- 1 cup plain yoghurt
- ½ cup fruit
- 1 tsp seeds

Method:

Blend lightly.

6. Mango Energy Smoothie

Ingredients:

- ½ cup mango
- 1 cup milk
- 1 tsp honey

Method:

Blend smooth.

7. Avocado Focus Smoothie

Ingredients:

- ½ avocado
- 1 cup milk
- Honey (optional)

Method:

Blend until thick.

8. Date & Oats Energy Smoothie

Ingredients:

- 2 dates
- 2 tbsp oats
- 1 cup milk

Method:

Blend thoroughly.

9. Pineapple Recovery Smoothie

Ingredients:

- ½ cup pineapple
- 1 cup water
- Ginger pinch

Method:

Blend smooth.

10. Apple Cinnamon Comfort Smoothie

Ingredients:

- 1 apple (chopped)
- Cinnamon
- 1 cup milk

Method:

Blend until smooth.

OILS

(Cooking, skin, recovery)

1. Olive Oil Garlic Sauté

Ingredients: Olive oil, garlic, greens

Method: Sauté lightly on low heat.

2. Avocado Oil Stir Fry

Ingredients: Avocado oil, vegetables

Method: Cook on medium-high heat.

3. Coconut Oil Morning Spoon

Ingredients: 1 tsp coconut oil

Method: Consume with food.

4. Castor Oil Belly Massage

Ingredients: Castor oil

Method: Massage clockwise before bed.

5. Olive Oil Salad Dressing

Ingredients: Olive oil, lemon

Method: Whisk together.

6. Coconut Oil Scalp Massage

Ingredients: Coconut oil

Method: Massage, leave 30 min, wash.

7. Sesame Oil Body Massage

Ingredients: Sesame oil

Method: Warm and massage.

8. Garlic Infused Olive Oil

Ingredients: Olive oil, garlic

Method: Infuse on low heat.

9. Roasting Oil Blend

Ingredients: Olive oil, herbs

Method: Toss vegetables before roasting.

10. Bedtime Foot Oil

Ingredients: Coconut oil

Method: Massage before sleep.

FOODS

(Mood, gut, balance)

1. Comfort Oats Bowl

Oats + banana + seeds. Cook oats, top, serve warm.

2. Yoghurt Gut Bowl

Yoghurt + fruit + seeds. Mix and eat.

3. Avocado Seed Toast

Toast bread, mash avocado, sprinkle seeds.

4. Egg & Spinach Plate

Scramble eggs with spinach.

5. Peanut Butter Banana Sandwich

Spread, slice, serve.

6. Steamed Greens

Steam greens, drizzle olive oil.

7. Sweet Potato Plate

Boil or roast sweet potato, serve warm.

8. Rice & Lentil Bowl

Cook lentils, serve over rice.

9. Soup for Stress Days

Boil vegetables, season lightly.

10. Dark Chocolate Snack

GYM & EXERCISE

(Recovery, fat loss, endurance)

1. Post-Workout Banana Protein Smoothie

Banana + yoghurt + peanut butter. Blend.

2. Berry Fat-Burn Smoothie

Berries + water + chia. Blend.

3. Pre-Workout Oats Bowl

Oats + banana + peanut butter.

4. Egg & Sweet Potato Plate

Boiled eggs + roasted sweet potato.

5. Recovery Ginger Tea

Ginger + water. Boil 10 min.

6. Electrolyte Lemon Water

Water + lemon + salt pinch.

7. Protein Yoghurt Bowl

Yoghurt + nuts + seeds.

8. Avocado Egg Toast

Toast, mash avocado, add egg.

9. Coconut Water Refresher

Chilled coconut water post-exercise.



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