

TASTE OF MOVEBYNM



**SIMPLE
FOOD
BRINGING
JOY**



movebynm

Hello and welcome,

I'm Nat a Personal Trainer by trade, a busy working Mum of 2 and I am extremely passionate about food and it's ability to heal, nourish and bring joy. I don't diet or restrict food groups, I listen to my body and fuel for performance.

Here i'll share a few of my go to recipes, which I hope you enjoy.

For more information about MOVEBYNM you can find us on socials.

@movebynm

@movebynm_eats



FOOD IS FUEL

BREAKFAST ALL DAY



OVERNIGHT OATS

are a staple in our house.

They are incredibly easy, versatile and can be enjoyed by the entire family. Soaking the ingredients overnight also makes them much more easily digested by sensitive tummies.

I love being prepared so making oats ahead of time and storing them in the fridge means I have a healthy breakfast at the-ready, every morning,

INGREDIENTS PREPARATION

*2 x cups of steel cut oats
1/2 cup of LSA
pinch of cinnamon
2 x cups of milk of choice
juice of 1 x orange
tsp of vanilla paste*

Mix everything together in a bowl until everything is combined. Store in the fridge in an air tight container. Serve & add all of your favourite toppings

TOPPING

*a handful of toasted nuts & seeds
a handful of berries
a drizzle of maple syrup
a dollop of natural greek yoghurt*



EGGS

Eggs, whether poached, boiled, scrambled or baked, I love them! They are so versatile, quick and jammed packed with all the good stuff, 9 essential amino acids and 13 vitamins. You simply can't go wrong - and yes I do eat the YOLKS!

As part of my meal prep each week, I will always boil eggs to have readily available in the fridge, they make the perfect snack or they can be quickly chopped up and added to a piece of your favourite toast with some smashed avocado, EVOO, lemon + chilli.

They are also lunch box friendly and perfect for hungry little tummies



BREAKFAST CONTINUED

SALAD

Without a doubt im a salad kind of girl through and through, season to season - yes even in winter! There is no end to the flavour combinations, colour and abundance.

The beauty of salads is with a little meal prep they can be ready in seconds. Over the years this beautiful salad pictured has been lovingly termed the Nat Mac salad.

If you follow our little food page over at @movebynm_eats you would know that I cook from a place of trial and error, sometimes inspired by recipes but seldom followed to the letter. Like most busy working Mums, I need to improvise to work with what I have on hand. This has been a journey of experimenting with food and flavours, sometimes resulting in deliciousness, sometimes not so much, which in my opinion is half the fun!

Food for me is such a creative process, just as I love to lift heavy things and get lost in nature, food is the other part of my puzzle that 'sparks so much joy.



INGREDIENTS

1 x bunch of kale washed & destemmed
1 x bunch of parsley
1 x bunch of mint
1 x head of broccoli chopped
1 x pomegranate
1 x cup of craisins
3 x spring onions finely chopped
**maple toasted walnuts
**toasted pumpkin seeds
**in whatever qty you like

DRESSING

1 x cup of EVOO
1 x full orange juiced
2 x garlic cloves minced
1 x tbs of honey
1 x large tbs of djiion mustard

PREPARATION

-Massage the kale leaves with lemon & EVOO set aside to soften

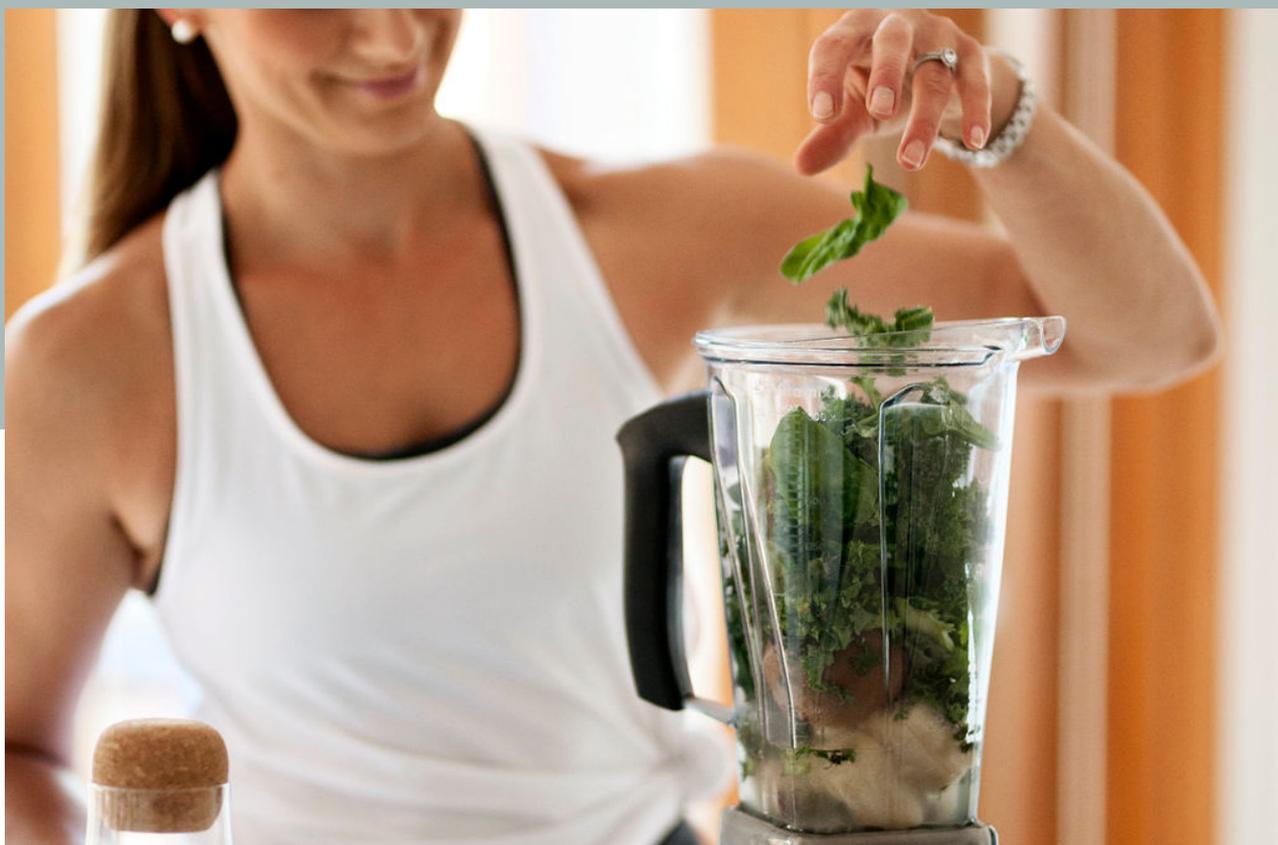
-Place destemmed herbs & broccoli in blender and pulse, add kale in and pulse until desired consistency (Nb. you can chop ingredients by hand, blender just speeds everything up)

-Toast nuts & seeds (Nb. for maple toasted walnuts prepapre a tray with baking paper cover with as many nuts as you like, drizzle with maple syrup & a pinch of salt, pop in a 180c prepapred oven for 5-7 mins (they don't take long) set aside to cool

-Combine everything together and store in an airtight container in the fridge.

-Combine all ingredients for dressing (+/- garlic ,honey to preference) shake well and store in an airtight jar.

SMOOTHIE



GOING GREEN

Whether for breakfast, a snack or anything in between, you can't go wrong with a smoothie.

INGREDIENTS

*250mls x milk of choice / water
1 x handful of spinach / greens of choice
1 x serving of protein powder (vanilla)
1 x small banana
1/2 x cup of oats
1 x Tbls x LSA
Ice to blend to desired consistency*

PREPARATION

*-Combine all ingredients in blender, blitz to smooth & creamy
Pour & enjoy!*



TASTE OF MOVEBYNM



**FIT
HAPPY
HEALTHY**



movebynm

natalie mcgrath | personal trainer
m 0401 557 686 | hello@movebynm.com.au
  www.movebynm.com.au