

DAMSON HILL COTTAGE

Lift Lean Lite

SUMMER GUIDE - 5 DAY MIND & BODY BOOST

Monday 12th to Friday 16th June 2023



Outline

01 THE GUIDE
What you need to do for the 5 days

02 GENERAL SHOPPING LIST
a basic & general list for the 5 days but plan your recipes first and choose what you want to shop for

03 5 DAY MENU & RECIPES
Yes you are (kind of) told what to eat and when (with some personal tweaks too)

05 THE WORKOUTS
What to expect Monday to Friday

06 THE CHECKLIST
A printable & tickable checklist to help you stay on track each day





LIFT LEAN LITE

The Rules

- 1** Start each day with a hot lemon: add 1 slice of fresh root ginger or 1/4 cinnamon stick (or both!) to your hot water and lemon. *Ginger* is warming, anti-inflammatory and has great circulatory properties, especially good if you wake up with stiff joints and muscles. *Cinnamon* is another circulatory stimulant but also helps keep the blood sugar levels balanced.
- 2** Omit all refined / processed / packaged foods.
- 3** Cut out all sugar to reduce extra inflammation and help limit blood sugar fluctuations.
- 4** Cut out or reduce caffeinated drinks to a max of 2 a day and **NO ALCOHOL!**
- 5** Drink approx 2.5 litres of water a day (including herb/fruit teas) to ensure all organs are adequately hydrated to help detox and for all body systems to work efficiently.
- 6** Ensure good quality protein at every meal (or snack): nuts, seeds, chickpeas, lentils, salmon, mackerel, tuna, trout, nut butters, tofu, hummus, turkey, chicken etc to help keep energy levels stable and prevent fluctuations in blood sugar levels.



LIFT LEAN LITE

The Rules

- 7 Ensure a good intake also of **healthy fats** (some of which are also good protein sources): like cold water fish, nuts, seeds, cold pressed oils. They slow down the rate at which the stomach empties so making carbohydrates even more slow-releasing. They boost your metabolism and reduce inflammation and help control blood sugar levels. Ensuring inclusion of fats in your diet also help absorb essential fat soluble vitamins like A, D, E & K. Plus healthy fats are taste carriers so make everything taste better.
- 8 Carbohydrate choices: brown rice, sweet potatoes, chickpea, quinoa or pasta alternative (omit wheat based carbohydrate for the period). Slow release carbohydrates will help sustain energy levels but also provide valuable sources of fibre and B vitamins essential for stress support and energy conversions.
- 9 Every morning from Monday to Friday there will be a live Zoom workout at 6.30am (25 mins). Apart from Tuesday where there will be a pre-recorded one up on the page for you, or you come to The Strength Circuit here at 6.15am. All live Zooms will be recorded and uploaded later in the day (into the Members Hub area) but you really must aim to do them at 6.30am. You will need dumbbells & sometimes we will use looped resistance bands also that have been used in previous Lift Leans but please don't worry if you don't have any.



LIFT LEAN LITE

The Rules

10 What size portions should you have?
Daily lunch portions. The size of protein you eat should be a little smaller than the palm of your hand, while vegetables should make up the largest portion of carbohydrates. So half plate veg and max of $\frac{1}{4}$ starchy carbohydrate. $\frac{1}{4}$ protein.

Dinner portions. Slightly differ. If you eat before 7pm you can include a small amount of starchy complex carbohydrates. If you eat later in the evening, you should avoid starchy carbohydrates at this time as you won't be using the energy they create so have portions after 7pm of 40% protein 60% vegetables.

11 **OPTIONAL on Tuesdays & Thursdays:** You can try intermittent fasting so you will miss breakfast but have a larger brunch lunch, so bring your lunch a little forward on these days. This isn't for everyone so have a go or carry on with your breakfast as normal. Fast for 12 to 16hrs max.

12 Create a good morning routine. Try and get that workout in when you wake up. Have that hot water. Try and body brush before your shower. Brushing towards your heart, then a quick blast of cold at the end of your shower, see if you can bear it for longer each day.

13 And likewise with your evening routine, bath & book, no phone, no snacking! Good rest will support your body and give maximum benefit to your 5 days.

14 Get out in nature every day for a brisk walk (run or walk/run, cycle), whatever the weather. Aim for over 10k steps a day doing this. It doesn't matter if you do it over 3 sessions just get those steps in.

SHOPPING LIST



Here is a good basic and general shopping list to follow. Please have a look at the recipes first and make a plan of what you are going to buy, cook and eat.

- Oats
 - Milk, Dairy free milk of choice (almond, oat, soya etc), Kefir
 - Frozen berries/apples - fruits for breakfast
 - Unsalted nuts (almonds, walnuts, hazelnuts etc)
 - Seeds (chia, hemp, flaxseed, pumpkin, sunflower, sesame)
 - Eggs
 - Feta / halloumi
 - Greek Yoghurt (or dairy free alt.)
 - Avocado
 - Quinoa, brown rice, farro, rice noodles, amaranth etc
 - Chickpeas, puy lentils, green lentils (& more of your fave pulses)
- Vegetables: eat the rainbow - spinach, kale, cauliflower, broccoli, peppers, courgettes, tomatoes, edamame beans, sweet potato, squash, mushrooms, beetroot, mange tout, fennel, leeks, onions, lots of green leafy veg etc
 - Hummus/ tahini/ nut butters (not Sunpat!)
 - Chicken, turkey, tofu, salmon, trout, tuna, mackerel, sardines, prawns etc
 - Garlic, dried & fresh herbs, spices, paprika, cumin etc. chilli, (miso, soy, sesame oil, pomegranate seeds, tamari, tahini, coconut/olive oil to cook, extra virgin olive oil /sesame oil to drizzle
 - Cans of chopped tomatoes, tomatoe puree
 - Lemon, lime, ginger & cinnamon, honey



The 5 Day Meal Plan

The aim of these 5 days is to keep it SUPER simple for you, so it's do-able and you don't have to faff around in the kitchen; we don't have time for that. There is little prep for these recipes, but they are recipes for the whole family to enjoy that also save you time! You don't have to buy lots of different food and follow tricky recipes to be healthy. Remember simplicity is key - there are only a few choices on the meal time as this is just a 5 day plan. This isn't a strict programme, but a guide to help. Just be mindful to have protein at every meal and lots of veg, fibre, healthy fats are your drizzle of extra virgin olive oil, a topping of half an avocado or some seeds.

Your Weekly Menu Plan

MONDAY - WEDNESDAY - FRIDAY

3 meals a day - breakfast/lunch & dinner

TUESDAY - THURSDAY

2 meals a day - brunch & dinner (14 - 16 hr fast)

Or you may wish to swap it and do 3 days fast with 2 meals and 2 days with 3 meals.

Breakfasts

Oats are brilliant to include into our daily diets. They really help support our digestive systems and are cleansing. Oats are loaded with vitamins, minerals and antioxidants, and are ideal as a breakfast meal. They can help lower cholesterol, stabilise blood sugar and increase the feeling of fullness and encourage optimum environment for our gut microbiome to keep balanced and healthy. All this together can help as part of weight loss if that is an aim, but also for overall health. These recipes are just guidelines, you can add or takeaway any other healthy ingredients you like.

OVERNIGHT OATS (*PREP THE NIGHT BEFORE*)

40g oats
1tbsp chia seeds
Frozen berries
100ml milk of choice (oat, soya, coconut, almond)

Morning toppings: Chopped apple, mixed unsalted nuts, sunflower, pumpkin and sesame seeds, milled linseed / flaxseeds
some dollops of Greek yoghurt (dairy alternative, coconut, oat, soya) / kefir

The night before place oats, chia seeds frozen berries and milk of choice in a bowl, stir well and ensure chia seeds coated. Cover and place in the fridge. Or make these up in jam jars ready for the week.

In the morning before serving add chopped apple, fresh berries, nuts, seeds, linseed and serve with yoghurt / kefir

Breakfasts

CHIA POTS - MAKE A BATCH IN JAM JARS

This recipe can be multiplied up to make several portions that can be stored in the fridge for 2-4 days. Also delicious as a pudding.

2 tbsp chia seeds

125ml oat milk, or substitute for any nut milk, rice milk or dairy milk, may need more Fruit, such as berries, mango, banana

Chopped nuts

Combine the chia seeds and milk. Stir well to ensure seeds are evenly coated, but keep coming back to stir & leave, and repeat to ensure seeds are fully covered in milk to create even pudding texture.

TIP: easier to mix in a jug if making in bulk to pour into jars.

Cover and chill overnight or for at least 8 hrs.

When ready to serve, top with fruit / nuts / seeds

HOMEMADE GRANOLA

250g jumbo oats

50 to 100ml honey (or maple syrup)

drizzle of olive oil & sprinkling of cinnamon / ginger

Add in any nuts and seeds you like

(Egg whites - see below)

- preheat oven to 160 deg C. Mix all ingredients in a bowl so oats are coated. spread evenly on tray lined with baking paper.
- put in the oven for 30min check regularly to check oats are not burning and turn over.
- Can also add extra nuts and seeds. Serve with natural yoghurt and fruit.
- You can try mixing a couple of egg whites together and coating the oats too



BRUNCH

EGGS & VEG

Eggs are a real powerhouse full of B vitamins essential for energy and to support us at stressful times, iron and omegas. Also a fantastic protein source to help keep our blood sugar levels stable and stop the energy fluctuations.

MEDITERRANEAN EGGS OR POACHED EGGS & VEG

A tasty way to serve your poached egg is on a bed of cooked or raw chopped veg of your choice like baby spinach, courgettes, red onion, chopped cherry tomatoes and sliced mushrooms and peppers.

Add a little olive oil to a pan and add firstly onions, mushroom, courgettes and tomatoes, once they are a browned turn off heat and stir through a handful of baby spinach. A pinch of cayenne or chilli flakes also gives a lovely kick but a great stimulant to our adrenal glands in the morning.

Serve with poached eggs on top or this mix can also be added to whisked eggs for an omelette or frittata if preferred.

*If making a frittata double up on the vegetables and can slice a piece for breakfast and store the rest in the fridge.

*Eggs are a fantastic easy go to supper especially if eating late.

*if want to make more filling add in some chopped halloumi when cooking the veg,



BRUNCH

EGG FREE PUMPKIN SEED SCRAMBLED "EGGS"

This is nuts and works!

Pumpkin seeds are rich in protein but also rich in magnesium, iron and zinc.

Soak 150g of pumpkin seeds in boiling water for 45 mins, then rinse well and place in blender. Add 1 tsp turmeric, ½ tsp mustard powder, 1 tsp garlic granules / garlic oil or minced garlic and some black pepper. Blend until fully smooth.

Heat some olive oil in a pan, once hot pour the mixture into the pan and let it cook for 30 secs . It should be bubbly and ready to stir. Stir with a rubber spatula until you get that scrambled egg consistency.

You can then add in any veg you like to create your own personal version!

LUNCHEES: MASON JAR SALADS

The following are all salads that can be pre prepared for the week they will last 3 days in the fridge.

Mason jars make it look so pretty and appealing on your fridge you'll have to stop yourself from diving in. attractive but if don't have can store in regular tupperware. Super quick and easy to grab in the day and convenient for work. Also can use as a side in the evening or for summer BBQs!

ALWAYS layer this way:

1. Dressing on bottom
2. Grains and proteins - this keeps dressing separate and stops any sogginess.
3. Everything else accept leafy greens
4. Leafy greens always on top.

Can also top made jars with fresh herbs like mint, coriander, basil, and for extra essential fats and protein chopped seeds and nuts in layer 2.



LUNCHES: MASON JAR SALADS

DRESSINGS FROM AROUND THE WORLD

Mediterranean

4 tbsp olive oil

Juice of 1 lemon

½ tsp dijon mustard

1tsp honey

crushed clove of 1 garlic or garlic granules or garlic paste.

salt and pepper

Tzatziki

6 tbsp of natural yoghurt (the runny kind)

6 mint leaves chopped (or more if want mintier!)

1 clove of crushed garlic

juice of 1 lemon

salt and pepper

Tahini

4 tbsp of tahini paste

4 tbsp of olive oil

1 clove of crushed garlic

2 tsp of honey

½ tsp smoked paprika

juice of one lemon

salt and pepper

Asian

3 tbsp of tamari sauce

3 tbsp sesame oil

juice of 1 lime

1 clove of crushed garlic

1 inch cube of grated root ginger

Finely chopped red chilli

LUNCHES: MASON JAR SALADS

THE SALADS

Chickpea, Quinoa and Feta and beetroot or pomegranate

Layer 1: dressing of choice

Layer 2: Chickpea and precooked quinoa

Layer 3: Chopped beetroot, cucumber, peppers, avocado, red onion and feta

Layer 4 rocket leaves, chopped mint

Rice noodle salad with protein choice (Cooked chicken or Tofu)

Layer 1: dressing of choice

Layer 2: Cooked rice noodles

Layer 3: Cooked chicken or tofu if eating on the day could use prawns.

Layer 4: beansprouts, sugar snaps, finely sliced carrots, pepper, radishes, cucumber

Layer 5: Spinach and coriander and mint and basil.

Lentils with mango & broccoli

Layer 1: dressing of choice

Layer 2: lentils (green, puy)

Layer 3: Cooked chicken or tofu if eating on the day could use prawns. (optional)

Layer 4: Cooled blanched broccoli, red peppers, cucumber, spring onions

Quinoa Roasted cauliflower

Layer 1: dressing of choice

Layer 2: Cooked quinoa and chickpeas

Layer 3: Cooled roasted cauliflower (see recipe below in 'The Sides')

Layer 4: red onion, finely chopped kale and finely chopped parsley stems.

LUNCHEs: MASON JAR SALADS

THE SIDES

These are great recipes for the summer that you can add in to your mason jars for an extra layer or accompany an evening meal.

Roasted Cauliflower

Make a marinade of olive oil, sesame oil, soy sauce, tahini, turmeric, tomato puree, smoked paprika, salt, cinamon and garlic.

Cover whole cauliflower in tin foil and roast at 180 deg C for 35-40 mins. Sprinkle with Zataar spice mix. Serve hot or can be cooled and used in salads. Can also add chickpeas in last 15 min to roast with cauliflower.

Rainbow Slaw

Shredded purple, white cabbage, carrots, fennel, celeriac, celery stick, red onion, raw beetroot and apple.

Dressing: Olive oil, yoghurt, mustard, lemon juice salt and pepper.

Also great for BBQ's!



WHAT IS THE DAILY DINNER?

Your Daily Dinner will include whole fresh foods that you and the family can eat altogether, you can also batch cook to have on another night or freeze for another time. Even if you are going out for a meal you can still stick within the boundaries of a healthy daily dinner on this plan.

You don't even need to follow a recipe either because all that is required is to try to fill:

1/2 your plate with vegetables

1/4 plate in your choice of protein

1/4 plate with slow releasing non-starchy carbs

Vegetables: As varied and colourful as possible, plenty of green ones

Protein: Fish/meat (preferably poultry)/pulses/ tofu/ nuts/ seeds

Carbs: Omit all wheat based carbs and white potatoes for the 5 day plan, but opt for brown rice, sweet potatoes, chickpeas, quinoa, pasta or noodle alternatives etc

Traybake are also a great Daily Dinner. Look at the **Roasting Tin books by Rukmini Iyer** to get you through quick and easy family suppers.

Try a BBQ in the evenings? With your protein (meat/fish/tofu), charred veg and salads....

Daily Dinners (quick!)

BAKED CAJUN FETA CHICKEN WITH BROWN RICE

3 chicken breasts

Block of feta

100g cherry tomatoes

Olive oil

Cajun spice

Cooked brown rice enough for 4 people

Spinach.

Lay out breasts with feta block in the middle and scatter over tomatoes in an oven proof dish. Sprinkle over cajun spice and drizzle over olive oil.

Cover in foil and bake for 35-40 mins.

Once chicken cooked, tear chicken and squash tomatoes and feta together (all in the same dish)

Mix in cooked brown rice and spinach.

Daily Dinners (quick!)

FISH CURRY

Spice mix: 2 tbsp turmeric, 1 tbsp ground coriander, 1 tsp ground cumin
olive oil

1 onion chopped

2 cloves of crushed garlic

2.5cm grated root ginger

2 tbsp ground almonds

150ml veg stock

1 large courgette cut into cubes

100ml of coconut or plain yoghurt

4 cod loins or your choice of fish

In a large wide pan fry onion, ginger and garlic in olive oil. Once soft add spice mix and courgette and stir so the courgette is well covered cook for 10 mins. Stir in ground almonds and yoghurt.

Add cod loins and cover with sauce and add veg stock.

Cook for 8-10 mins. Serve with sliced red chillies and coriander and brown rice or courgetti (spiralised courgette).

Daily Dinners (quick!)

BROCCOLI AND RED PEPPER SALAD WITH CHICKEN/SALMON/TOFU

Broccoli is rich in vitamin C loaded with nutrients that may help with inflammation, improve blood sugar, boost immunity and promote heart health.

Serves 2.

- 1 whole broccoli - chopped into florets
- 3 cloves of garlic - thinly sliced
- 1 x red pepper - sliced
- Optional fresh chilli or chilli flakes - to taste
- Juice of 1 lemon
- 2 tbsp seed (pumpkin, sunflower, sesame)
- 3 tbsp olive oil
- 2 tbsp sesame oil
- 4 tbsp tamari soy sauce (or normal soy sauce)

Put broccoli florets in a pan of freshly boiled water which is off the heat. Toast your garlic slices in a dry pan until lightly browned and crispy. Mix the oils, Lemon juice, and soy sauce and chillies if adding. Drain your broccoli after 5 min then add your toasted garlic flakes to the dressing. Put the broccoli and red pepper in a serving bowl, pour over dressing making sure you get all the garlic flakes and chilli. Mix well then sprinkle with seeds.

Serve with grilled salmon or chicken or tofu.

Daily Dinners (quick!)

CHICKEN OR TOFU STICKS WITH RAINBOW VEGGIES

Serves 2

4 chicken thigh fillets chopped into large bitesize pieces or 200g tofu cut into cubes

Marinade:

2 cloves of crushed garlic

2.5cm cube of fresh ginger chopped finely

½ tsp ground cumin

juice of ½ lime

2 tbsp sesame oil

4 tbsp tamari soy

2 tsp honey

2 tsp of tomato puree

Rainbow vegetables: broccoli, carrots, green beans, sweet potato, baby sweet corn, sugar snap peas. The more varied the better!

Soak 4 bamboo sticks in water.

Put all marinade ingredients in a large shallow dish and mix well.

Take chicken pieces or tofu and place in the bowl with the marinade and ensure covered well with the marinade sauce. Cover bowl and leave in fridge for min 1 hr but ideally overnight if you remember!

When ready to cook thread on to the bamboo sticks. Keep the remaining marinade.

Grill under a medium heat for 15-20 mins (chicken) 10-15 minutes (tofu) until cooked.

Serve on a bed of steamed rainbow vegetables. Heat the remaining marinade drizzle over each plate and serve with chopped coriander and seeds.

Still need to snack?

Have snacks in between (see below) if need **do not go hungry!** You know your bodies best so if you feel unwell change it up to suit you.

So if you find that you are still too hungry on 2 to 3 meals a day with no snacking, and if you need extra energy at lunch or brunch then add 2 oat cakes or a thin slice of sourdough to your meal.

If hungry between meals though have a glass of water first, remember 'thirst first'.

But if that doesn't work, here are some healthy snack options:

- Chopped veg and 1/3 pot of hummus
- Apple and a small handful of unsalted nuts (or nut butter)
- 3 oatcakes, 1/2 avocado, chilli flakes and squeeze of lime
- Roasted chickpeas (with spices and herbs)
- Tamari roasted seeds

Having your evening meal earlier may help with hunger cravings between lunch and supper. Close the kitchen and don't re-enter for any snacks before bedtime, you will sleep much better as your food will have digested before you go to bed.

Aim to have a luxury bath to relax you and get you ready for bedtime, leave your screen alone and pick up that book before lights out. (Have your workout gear ready to step into in the morning!).

Disclaimer: This Lift Lean Lite programme is not designed to be adopted as a permanent programme. Any individuals who are pregnant or breastfeeding, have thyroid, adrenal or diabetic conditions, cancer or Addisons, or have previous or current eating disorders, or have any other diagnosed medical conditions should not undertake this Lift Lean Lite programme without advice from their GP or Consultant. Any individuals who adopt this guide do so entirely at their own risk.



The Workouts

A regular routine helps you make the best of your day, I believe. If you start off well like this it has a huge impact on how you feel and how you make the most of the day ahead. Get the workout done early, tick it off the list and those endorphins will power you through. Its so much easier in the summer with the light mornings too.

Every morning Monday through to Friday (apart from Tuesday) I will be live on Zoom teaching you a 25 minute workout at 6.30am sharp, a warm up and cool down will also be taught. Sometimes I will use the cotton elasticated looped bands as well, not necessary if you don't have one, but they do intensify a great deal. Those that have done Lift Lean before will know about these! If you'd like to buy one from Amazon then copy & paste the link below (but if you don't, then that's fine too).

Strength training (same as resistance training) is more effective for fat loss than cardio alone, because it burns more calories and you continue to burn them after you finish your workout too, the more strong muscles we have the more calories we burn without even trying. As we age we know that we lose bone and muscle mass, so resistance training helps so much as we try and build that muscle back especially for menopausal women, who are particularly susceptible to this as their oestrogen levels decline. Therefore lifting weights will reduce the risk of developing osteoporosis, and improve menopausal symptoms and this includes a little bit of HIIT (high intensity interval training).

Ideal weights? This is personal to you, if you are a total beginner aim for 2kg for arms 3 to 4kg for legs, otherwise 3/4/5 kg arms and 4/5/6kg for legs (even more!). You want to be fatigued by the end, you want to be able to use your core to stabilise, be honest with yourself but be safe, its all about good form which I will be repeating over and over during the classes.

Get out in nature every day for a brisk walk (run or walk/run), whatever the weather. Aim for over 10k steps throughout your day on your walk or run alone though. I promise you if you make yourself get out every day even if its three times for a small walk each time, you will reap the benefits. The best thing? Go for a 20 min walk after each meal.

<https://www.amazon.co.uk/resistancebands>

<https://www.amazon.co.uk/dumbbells>



Daily Checklist

Use this checklist to tick off when you've hit your daily target / achievement!

M T W T F

MORNING ROUTINE & WORKOUT

MEALS

HYDRATION

**OUTDOOR WALK /
CYCLE / RUN**

EVENING ROUTINE

HOW DO YOU FEEL?



Thank You!



Let's stay in touch

I really hope you enjoyed this intense but healthy 5 day body boost programme. It was written with ease in mind, speed in the kitchen, optimum nutrition and intensity for those muscles. But not as a strict diet that is completely unsustainable. You can't get results that way.

I truly believe that when we eat well, sleep well, move more and take time in nature daily, our mental state and ability to feel better and happier are massively enhanced.

I really hope you've been able to take a lot from this, and can see that it can be done!

These are run throughout the year as well as the longer 21 day Lift Lean Lifestyle in September and January every year. Look out for The Library (online membership), Damson Hill Hikes, Craft Night Supper Clubs, The Woodland Workout, The Strength Circuit, Pilates and Glamping and other events at Damson Hill Cottage too.



“a healthy
outside
starts
from the
inside”

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