



BEAT  
THE  
TREATS

WITH  
*Sharon Selby*

MINI KICK START GUIDE

DITCH THE JUNK. LIVE DELICIOUSLY.



Hi,

Thank you for subscribing to the Beat The Treats **Weekly Treats** eNewsletter, where you will receive your delicious serving of nourishing recipes, free resources and wellness topics from me to you.

As a welcome gift, this mini eBook is an insight to Beat The Treats so you can see how tasty and easy living this way can be, and even better, how it can literally transform your life. Best of all you won't feel deprived so you can have your cake and eat it too... all guilt free!

So join me, ditch the junk and live deliciously.

With love,

*Sharon Selby*



## A SHORT INTRODUCTION

We all have our own story as to how we reached a point where we wanted, or perhaps needed, to take charge of our health and wellbeing. Not long ago I felt I was in a hopeless situation. I was diagnosed with postnatal depression, was on daily prescribed medication for asthma and allergies, had chronic fatigue, terrible digestive disorders and suffered constantly with headaches and migraines. I was a shadow of my former happy and vibrant self and had slowly turned into one angry woman.

Change was needed – I was sick and tired of feeling sick and tired. I had to become the woman, mum and wife I knew I was capable of. That's when one day I decided to ditch the junk and eat delicious, healthy whole foods. After all it was the one thing I could control and thankfully I was rewarded tenfold.

What I put in my mouth started to change everything. Within weeks I felt better, my mood changed and I began to laugh again. The headaches all but disappeared and my fatigue was replaced with energy. Just five months into this new lifestyle, I had come off all my medication and no longer suffered from asthma and allergies – something I was told would not be possible by my practitioners.

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## I WAS SICK AND TIRED OF FEELING SICK AND TIRED

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I hadn't even noticed that I had dropped all my baby weight and was the slimmest I had ever been, and that I simply radiated an amazing glow. During this time my medicine cabinet was replaced with fresh fruit and vegetables, healthy fats, protein and gluten free whole grains, beans, nuts and seeds.

I have not looked back, nor been to a doctor's office since!

# HOW TO DITCH THE JUNK

Here are my tips to get you **started** on your **wellness journey** to Beat The Treats. Don't try and implement them all in one go. Just **one change at a time** can make a remarkable difference and create lasting healthy habits.

**CROWD OUT:** Don't worry about what you can't have, just focus on filling up on the good stuff, especially your daily intake of fresh vegetables and fruit. Have a goal of how many vegetables and fruit to have each day such as 5 and then grow that to 7 plus. Soon enough you won't have room for the other 'stuff.' It might seem a lot now but it won't for long.

**HYDRATE, HYDRATE, HYDRATE:** That is drink plenty of water. Just with your food crowd out your coffee, fizzy drinks and alcohol with at least eight glasses of water a day. Buy a filtered water jug, not only will you drink cleaner, you can also measure how much you are drinking.

**ORGANIC IS BEST:** Organic produce is free from chemicals, pesticides and other contaminants that over time can lead to ill health. Not only does organic taste so much better, it's naturally packed with more nutrients. If budgets are tight aim to go organic for the 'dirty dozen' – the 12 most contaminated foods such as berries, spinach, tomatoes etc. Check online for the latest list. The same applies for meat and poultry. 100% organic, pasture-fed-and-finished meats are the healthiest, along with wild caught fish and free range poultry and pork (with no hormones and antibiotics).

**EAT MORE FAT:** That is healthy fats such as avocados, nuts, seeds, extra virgin olive oil, coconut oil and animal fats. These keep you full for longer, reduce cravings and are so good for the functioning of the brain and nervous system. Done consistently your body will convert fat as fuel (as nature intended), versus glucose or carbohydrates, which will lead to effective weight loss.

**AVOID DAIRY:** Dairy is one of the most inflammatory foods in our diet today, second only to gluten. It can cause inflammation in the body resulting in digestive issues such as bloating, gas, constipation, diarrhea, as well as acne and respiratory issues such as asthma and allergies. Try removing dairy 100% from your diet for 30 days and see how your body reacts. Then try reintroducing it and see how you feel. Avocado has been my biggest substitute for butter and cheese...it's delicious!

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**SWITCH TO GLUTEN FREE GRAINS:** Crowd out the processed white bread, flour and pasta with gluten free options, such as brown rice, quinoa and millet. When gluten reaches the digestive tract, the immune reaction can cause degeneration of the intestinal wall, leading to nutrient deficiencies, autoimmune issues, various digestive issues, anemia, fatigue, brain fog as well as an increased risk of many serious diseases. It's not worth it when there are so many alternatives and Beat The Treats will show you how.

**USE NATURAL SWEETENERS:** Sugar is added to so many processed foods that many of us simply have no idea how much is actually being eaten every day. However it doesn't mean you have to go without. Ditch the processed white sugar and replace with natural sweeteners. Dates, raw honey and 100% pure maple syrup are wonderful and nutritious alternatives that can easily be found in your local supermarket.

**COOK MORE:** Here is something you may not know – eating clean is easy, fast and delicious. Making nut breads takes minutes, baking cupcakes so forgiving and raw desserts are just divine. Plus you will naturally eliminate so many hidden chemical nasties through this process. A natural daily detox!

**STEP BY STEP:** Rome wasn't built in a day, so take small steps and increase your repertoire of healthy habits over time. Start with breakfast. Once you have mastered that transform your lunch, then dinner and then your snacks. This is not a fad diet it's a journey of incredible transformation that will last you a lifetime.

**PLAN AHEAD:** Like anything if you don't make a plan, with the best of intentions, things will go awry and motivation will be compromised. Firstly keep your fridge and cupboard well stocked and remove those items that will lead you astray. As you become a pro, increase your efficiency with meal plans. Start with a list of meals that need to be cooked for the week and write down a shopping list. Save this work and repeat with a new menu the following week. Eventually you will have a master list that will keep you consistently on track.

**GET TO BED EARLIER:** A good night's sleep helps maintain hormone balance, reduce cravings and improves your mood. Your best sleep is between 10pm and midnight, so get your jammies on.

**BREATH:** Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders. Just a few deep breaths a day can do a world of good or even try some relaxing guided meditation by downloading an app.

**MOVE DAILY:** You don't need massive workouts in the gym to get fit and lose weight. In fact a daily walk outside and yoga can be all you need. Try just 30 minutes a day of movement. The key is consistency.

**BE CONSISTENT:** Being consistent with your new health and wellness practices will give you greater chance for success and achieve long term results. What may have been an effort before will now become beautiful healthy habits. Consistency is the key to achieving your biggest health and wellness transformation and look like an irresistible goddess! Now who isn't up for that!

- Banana Buckwheat Pancakes
- Bean Salad With Olives & Sundried Tomatoes
- Blitzed Beetroot & Apple Salad
- Paleo Zucchini & Olive Bread
- Tasty Chicken Casserole
- Vitality Balls

# RECIPES

These recipes have been developed to give the maximum nutrients with the least required effort. My aim is to **keep things simple and the washing minimal**. If I see a complicated ingredient list on a recipe I switch off. I'm a mum, not a chef, and while I enjoy cooking I don't need to overly fuss. Saying all that, I love tasty food. **I can't compromise on taste and therefore I don't feel deprived**. I hope you enjoy this small taster and if you want more, visit the website and check out my timeless classics and quirky quickies that are not only gluten, dairy and refined sugar free, but are **100% satisfying**.

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# BANANA BUCKWHEAT PANCAKES

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**Preparation time:** 5 minutes  
**Cooking time:** 15 minutes  
**Total time:** 20 minutes  
**Serves:** 6

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On the weekends my family and I can't resist these healthy pancakes. The processed white stuff is replaced with nutritious buckwheat flour and flaxseeds and naturally sweetened with bananas and cinnamon. Enjoy with fresh berries and pure maple syrup. Be warned though, there will be a fight on who gets the last one!

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## Ingredients:

- 1/2 cup of buckwheat flour
- 2 tablespoons of flaxseeds
- 1 banana mashed up
- 1 egg
- ½ teaspoon of cinnamon
- 1 cup of almond milk
- Pinch of salt
- Coconut oil for frying (about 1 teaspoon per pancake)

## Method:

- If you have a food processor place all the ingredients (except the coconut oil) into the bowl and mix until well combined.
- If making by hand place the banana into a medium size bowl and mash well with a fork or potato masher.
- Add the dry ingredients (flour, flaxseeds, cinnamon and salt) to the same bowl.
- Make a small well and crack open the egg into it. Give it a good mix and it should turn into a thick batter.
- Once the batter is fairly smooth add the milk in small quantities while mixing by hand to judge your preferred consistency and mix away. Set aside.
- Heat up a frying pan with a blob of coconut oil until it melts. Once you see bubbles appear in the batter and the edges browning its time to flip over.
- Once cooked lay on some absorbent paper and you are good to go.

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## BEAN SALAD WITH OLIVES & SUNDRIED TOMATOES

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Preparation time: 15 minutes  
Cooking time: –  
Total time: –  
Serves: 4

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Adding more pulses to your diet is a terrific way to maintain digestive health, lower cholesterol levels, and regulate blood sugar levels, reducing the chances of cravings later in the day. Combined with delicious Mediterranean flavours, this salad is definitely a crowd pleaser. I highly recommend adding this to your next BBQ.

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### Salad Ingredients:

- 2 x 400g cans of cannellini beans, rinsed and drained
- 1 medium red onion, finely chopped
- 2/3 cup (100g) drained semi dried tomatoes
- ½ cup (75g) pitted kalamata olives
- ½ cup cherry tomatoes, halved
- 1 avocado sliced or cubed
- 1 bag (150g) of fresh salad leaves

### Dressing Ingredients:

- 1 clove garlic, minced
- 1 tablespoon fresh oregano, finely chopped
- ¼ cup (60ml) balsamic vinegar
- ¼ cup (60ml) extra virgin olive oil
- Seasoning to taste

### Method:

- Prepare the salad by combining the beans, onion, sundried and fresh tomatoes and olives in a medium bowl.
- Make the salad dressing by combining the ingredients in a screw jar and giving it a good shake.
- Drizzle the dressing over the salad and gently combine.
- Grab a serving dish and place your greens in. Add the dressed salad over the greens and finally top with sliced avocado.



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## BLITZED BEETROOT & APPLE SALAD

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**Preparation time:** 5 minutes  
**Cooking time:** –  
**Total time:** –  
**Serves:** 4

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Thanks to the discovery of this salad my intake of vegetables increased dramatically, which ultimately led me to regain my health, my energy and lose the excess weight. This is convenience food at its best. Check out the website for more blitz salad recipes

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### Ingredients:

- 2 raw beetroots quartered
- 2 carrots cut into pieces
- 1 green apple, cored and quartered
- 1 cup of green leaves (kale, silverbeet or spinach)
- ¼ red onion
- 1 bunch fresh coriander
- 2 tablespoons extra virgin olive oil
- Juice of half a lemon

### Method:

- Place all ingredients in a food processor and chop for a few seconds until desired consistency is achieved.
- Jazz up by placing the blitzed salad on a bed of dark green leaves, a drizzle of extra virgin olive oil and a handful of nuts.
- Remember to keep the skins on for an extra nutritional boost.

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# PALEO ZUCCHINI & OLIVE BREAD

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**Preparation time:** 10 minutes  
**Cooking time:** 75 minutes  
**Total time:** 85 minutes  
**Serves:** 1 loaf

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This loaf of goodness is a perfect gluten-free replacement for any traditional bread lover. It's packed with healthy fats and protein with a green vegetable snuck in for good measure. Feel free to use other vegetables in place of the zucchini such as pumpkin or carrot. You can also make these into muffins and bake for around 30 minutes.

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## Ingredients:

- 1 cup almond flour or meal
- ½ cup coconut flour
- 2 teaspoons baking powder
- 1 tablespoon of dried mixed herbs
- 10 olives (black or green), pips removed and chopped
- 1 tablespoon raw apple cider vinegar
- 1 zucchini, skin on, shredded
- 6 eggs, whisked
- 4 tablespoons cold pressed virgin olive oil
- Pinch of salt and pepper

## Method:

- Set oven to 150C and line a loaf tin with parchment paper.
- Combine all of the dry ingredients in a bowl and set aside.
- Combine all the wet ingredients, zucchini and olives and stir well.
- Pour the liquid ingredients into the dry ingredients and mix.
- Pour into the loaf pan and sprinkle the top with salt.
- Bake for about 75 minutes and allow to cool completely before serving.

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# TASTY CHICKEN CASSEROLE

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**Preparation time:** 15 minutes  
**Cooking time:** 60 minutes  
**Total time:** 75 minutes  
**Serves:** 4

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For such simple food we are always so wonderfully surprised at how delicious this meal is every time. A firm family favourite, this is best served with brown rice. Enjoy!

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## Ingredients:

- 6 chicken pieces (legs, thighs and/ or breasts)
- 1 large onion, diced
- 4 celery stalks, diced
- 3 carrots, thickly chopped
- 6 fresh medium sized tomatoes, diced (or 1 can of tomatoes)
- 2 cloves garlic, minced
- Pinch of dried herbs (oregano, thyme, rosemary)
- 120ml chicken or vegetable stock (preferably homemade)
- 3 tablespoons of tomato paste
- Seasoning to taste
- Fresh parsley to sprinkle on top
- Coconut oil for sautéing

## Method:

- Heat oil in a deep saucepan over high heat and brown chicken until lightly golden.
- Add onion, celery, carrots, garlic and mixed herbs to the chicken and soften for a few minutes.
- Add the stock and turn up the heat until almost boiling.
- Turn down the heat to a gentle simmer then add the tomatoes, tomato paste, salt and pepper.
- Cover and simmer on a low heat for 50 – 60 minutes, the longer the better. Alternatively you could bake it in the oven at 200C for an hour, until the liquid has reduced.
- Remove from the heat and sprinkle fresh parsley on top just before serving.

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## VITALITY BALLS

**Preparation time:** 12 minutes  
**Cooking time:** –  
**Total time:** –  
**Serves:** 12-16 bite size balls

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Amaze balls, bliss balls, vitality balls – whatever you want to call them, these balls are great! Using raw cacao and dates these goodies are refined sugar-free, full of antioxidants and healthy fats that you and your kids will love. Plus they are a breeze to make!



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### Ingredients:

- 1 cup pitted medjool dates
- ½ cup almond meal
- 2 tablespoons raw organic cacao powder
- 1/3 cup shredded coconut
- 2 tablespoons coconut oil, melted
- 1 tablespoon of chia or hemp seeds

### Method:

- Place all the ingredients into a food processor and blitz until thoroughly combined.
- Let mixture stand for 10 minutes.
- Roll mixture into bite size balls.
- Roll balls into shredded coconut, cacao, crushed hazelnuts, almonds, sesame seeds or whatever takes your fancy.

# STAY CONNECTED

Thank you for giving me your time. I'm truly honoured you are here and hope to see you regularly in the Beat The Treats community.

Share how you ditch the junk and live deliciously – the core philosophy behind the **Beat The Treats** lifestyle. Spread the word and share the love with family and friends so we can all live a healthier and more inspired life.

I would love to hear from you so please contact me anytime with any questions.

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Beat The Treats is based in Sydney, Australia.

Sharon Selby, (certified integrative nutrition health coach) develops recipes for publications, writes articles on healthy living, coaches clients locally and overseas and hosts cooking classes, workshops and retreats.



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