



Sonia Ribas

Healthy, Easy Recipes For Pregnancy

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00:00

Welcome to our session on healthy, easy recipes during pregnancy. I'm Professor James Adams. And with me today is Sonia Ribas who's a health coach for fertility, pregnancy and postpartum. Thanks Sonia for being here.

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Thank you, James, for having me.

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So, Sonia, can you tell us briefly about your background and your experience with advising couples on healthy easy recipes?

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Sure. Um, so I've been a health coach for 10 years now. It all started very informally. I was teaching yoga time. And one of my yoga students came to me and said, I'm trying to get pregnant, and my doctor is telling me that I'll never be a mom because I'm infertile.

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Can you help me?



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And I was like, Well, you know, I teach yoga. I'm not necessarily in the fertility space, but because she was a friend and I wanted to help I started studying anything related to fertility. What can we eat to be more fertile? What supplements can we take how movement affects fertility, everything related to our lifestyle. So I started helping out. And then before we knew it, she got pregnant. So her ob gyn got so impressed that she started referring people to me. And that's how it all started 10 years ago. So from that I had my own children. From that point on, I have three kids myself. And I've been for 10 years now helping couples maximize their chances of conceiving. And then so I do everything from what I call trimester zero, which is before you want to have the baby all the way to trimester nine, so I help women have healthy and radiant pregnancies. And once I've had their babies, I help them also through their postpartum phases.

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Okay, so I Tell us a little bit about some of the basic principles behind your recipes.

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Yes. So what I always tell my pregnant clients is eat real food. And everyone opens their eyes very widely open when I say that, as in, people are like, Is there not real food? Oh yeah, there's a lot of not real food. So everything that's processed out there is not real food, your body won't recognize it very well and will have trouble digesting it and will be inflammatory for you. So number one, if you can make everything yourself. Number two, Eat slowly and mindfully so we only produce a lot of saliva to start digestion well and eat your chew your food really, really well because digestion starts in your mouth. So if you want to be able to absorb all the nutrients and all the amazing things, You're eating, you have to chew very well and eat slowly. So I always tell my clients, when you're eating, you're only eating, you're not looking at your phone, you're not watching TV, you're not doing anything else. The third one is eat lots of fruits and veggies. So you'll see in my recipes, I include fruits and veggies all the time. Eat the rainbow, so always including lots of green leafy veggies, but also other colors. Eat good quality protein, especially if you're taking animal protein invest in organic, you've probably heard that before grass fed wild. So good investment for that. Eat quality fats. So be careful with non quality fats that are normally input in processed foods. And then try to balance your macronutrients and this is very important during pregnancy. Sometimes we're like craving something specific Like especially if you're nauseous or you have specific cravings and we'll have like very unbalanced meals that will make us feel not doing well later and will be very difficult to digest and potentially disrupt our hormone hormonal balance. So I always recommend half your plates should be veggies, a quarter of your plate should be protein, a quarter of your plate should be carbs, and then lots of good quality fats on top. That's what I call a balanced meal. take lots of water, be safe, so you know you've heard from other presentations about what foods to eat. If you're going to have



dairy, make it pasteurized, cook your food really well and wash everything very, very well. And then include some key nutrients. So you've probably heard in other presentations about key nutrients that makes sure that you're having calcium hydroxide iodine coline vitamin A, vitamin C, D, is the E 12. And folic acid. You've heard before lots of good protein is really important during pregnancy. omega threes are really, really good for you during pregnancy as well, as well as vitamin E and zinc. So in the recipes that I'm going to show you today, I've tried to include as many of these as possible. But whenever you're doing research about other recipes or things to have, think of eating the rainbow, so you can include as many nutrients as possible.

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Thanks, that sounds great. So let's go ahead and start with some of these mouthwatering recipes. Can you tell us first about some of your recommendations for breakfast?

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Yes. So for breakfast, this is my first recommendation,

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which is

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run Nola. Greek yogurt

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and some fruit.

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Are you hungry? James?

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That looks great. Okay,

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next, let me explain you what I've done here. So for breakfast when I asked my clients, one of the first questions that I asked is, what do you eat for breakfast? and 90% of the time? The answer is cereal. What they mean is processed what we call breakfast cereal, which is like, okay, from now on, you're not gonna taste that anymore for the rest of your life. Because once you try homemade granola, there's no way back. So the benefits of these breakfast is good amounts of protein, healthy fats, calcium, vitamin E, and C, Iran. Iodine, zinc, wallet, BC and



omega three. So what I've done here for the granola, and again, you can do a big batch of granola stored in a big jar. just consume it as for breakfast cereal.

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So we have

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150 grams of oats and again we're gonna send you I'm going to send you the recipes later so you can have this specific amount. So we have oats we have 40 grams of olive oil, one banana, two apples 10 dates 10 grams of raw cacao, one teaspoon of vanilla, optional two tablespoons of cinnamon, I love cinnamon so I even add a little more and 80 grams of nuts and seeds. So for this one, I use cashews, almonds, walnuts, pumpkin seeds and sunflower seeds but you can use your favorite ones, and then optional some coconut flakes

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as well. So what you do

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for the granola is you preheat the oven at 350 you prepare a baking sheet with parchment paper on top

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And then you start

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preparing the fruits. Now to make the foods a sweetener, the easiest thing is to bake them. So peel the apples and cut them in pieces, put them in a bowl and microwave them for two minutes. Same thing with the banana, peel the banana, cut it into pieces and microwave for one minute. So that's going to be your sweetener, believe it or not, you don't need anything else you don't need Honey, you don't need sugar. That's going to be your sweetener. So you blend the fruits with the oil, the dates and the vanilla.

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And then you get a thick base. This base in itself is so delicious,

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so delicious. Then you mix all the remaining ingredients so the dry ingredients in a bowl, and then you pour the sweetener paste on top. And then you wash your hands very well. You mix it



up with your hands. My clients tell me that this is a part because it's like doing arts and crafts. And it's like you're massaging

09:04

all your granola.

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Once everything is very well mixed up, you read it on the parchment paper that we've prepared before, and you bake it for 15 minutes. After 15 minutes, you remove it, you turn it, and you bake it again for another 10 minutes and done. So you remove it, you let it cool off, you put it in a big jar, and that's your granola. Once you've tried that, you will never buy store-bought granola

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ever again.

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So for these breakfasts, I've mixed it with Greek yogurt because it's just a perfect combination. It tastes really really well. And the yogurt gives us calcium and good protein. So it's a very balanced meal and I've added some strawberries on top for extra extra antioxidants and vitamins.

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Thanks That sounds great. I love the idea of cooking a big batch so you can then store it for a while.

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Absolutely.

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So that's breakfast.

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So let's talk about some other recipes then what else would you recommend?

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Okay, so what I'm going to do is I'm going to talk about lunch right now. Then I'm gonna show you some dessert options. Then we'll do dinner and then we'll talk about snacks, which is everyone's favorite topic in the world. So lunchtime,



10:31
my lunch

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and this is going to be lunch.

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Looks great. Can you tell us what it is? Sure.

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So

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this is eggs salmon and spinach muffins with zucchini noodles, and buckwheat. Again, remember how before we talked about the structure of the plate, these follows the perfect structure So I have half my plate is veggies, a quarter is protein and a quarter is carbs as well. So everything's here and I have good fats as well. So, the benefits of these lunch is a very complete meal with very good proportion of macronutrients. It has calling from the egg calcium by a C and D folic acid from the spinach and omega threes from the salmon.

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So

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let's see how we've done these. So for the egg muffin, the ingredients are six eggs, have a cup of spinach, two slices of smoked salmon, and a dash of salt and pepper and some olive oil or cooking spray to grease the muffin tin. This will give you six small cups again, if you want to cook in batches and you want to make more or you want to make for your partner or for your family. Feel free to expand the recipe.

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So this is the easiest thing in the world

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like my clients tell me like this is my go to because it's so easy. So preheat the oven at 350 spray. So grease the muffin team with cooking spray or with olive oil

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with the eggs in a bowl and season with salt and pepper,



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dice and dice into small pieces, the spinach and the smoke salmon and then add the spinach and the smoked salmon to the egg mixture. So you have a bowl with the whole mixture. And then you just fill up the muffin cups at three quarter four because you'll see that when they when you bake them they'll grow a little bit so not all the way

12:45

up three quarter

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and you bake them for 20 to 25 minutes until the centers are set and

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no longer runny.

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And then you allow to cool slightly before serving

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and you serve it and they look so cute.

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Looks great.

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And then so that's the inside of the meal and then we have zucchini noodles, a lot of people, especially when you're pregnant, you're craving pasta. I was there I've had three kids. I was craving pasta the whole time. So it's good to have some time some wholewheat pasta, but an even healthier option is zucchini noodles. So you just say to zucchinis you just need to zucchinis two tablespoons of olive oil or avocado oil and a dash of sea salt. So you wash the zucchini really well. And then you take a spiralizer you don't have one investing one because they're very cheap. You can get them on Amazon. And then you twist the zucchini and it turns into like a very thin noodle like a spaghetti so the whole zucchini turns into that this beautiful noodle shape.

14:03

And then you just



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saw tade with two tablespoons of olive oil for 10 minutes or so done. And again, you can cook in batches you can make, you know a big portion of that story in a glass Tupperware in your fridge and then take little portions for the buckwheat. So the buckwheat is a very, very good carbohydrate, which is one of my favorites. It has become very popular. It's a health food because it has high mineral and antioxidant content is very easily digestible and has a low glycemic index. So again, if you're worried for example, about gestational diabetes, buckwheat is really one of your friends when it comes to Whole grains. So for that we need have a cup of buckwheat one tablespoon of olive oil or avocado oil optional. dash of sea salt and optional your favorite Herbs so you soak the buckwheat for 12 hours. So you just need to remember the day before you soak it for 12 hours and then you sauteed lightly with a little bit of olive oil. In this case what I've done is I've sauteed the buckwheat with the zucchini noodles all in one pan all together. Let me show you again so you can see how beautiful it comes together

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for the saute the zucchini first or you can suck it all together,

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in this case absolutely together because I was preparing this meal. But if you're interested in cooking in big batches, it would be a good idea to do it separately so you can store them separately into glass tupperwares. And then you can mix and match later. But if you're only cooking for this specific recipe, you can saute them together

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right Right. Sounds like a very healthy combination. And again, I love the idea of batches you can use for several days in a row.

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Yes.

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Okay, and then is dessert time.

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So for dessert, we have a healthy chocolate mousse

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healthy chocolate mousse everyone wants chocolate mousse. How do we make it healthy?



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There we go. So I'm going to show you. So we're going to use coconut milk for these which is packed with vitamin C, E, B, one B, three B, five B six iron, selenium, sodium, calcium, magnesium phosphorus, like, it's like a powerhouse of nutrients. And it also has a concentration of lauric acid, which is a medium chain fatty acid that gets converted into mono lauric in the body, which is combined with anti viral and anti bacterial properties. We're also going to use rock A cow, which packs more calcium than cow's milk, and it's densely packed with iron, magnesium and antioxidants. And we're going to use dates which is one of my favorite sweeteners, and are a good source of protein and contain vitamins such as B one B, two B three, five, a one and C. So, this is one of the easiest desserts ever. We need one can of coconut milk, have a cup of dates, beat it. Half a cup of rock, a cow powder, optional, a pinch of salt, and one teaspoon of vanilla extract. And then if you will, if you want toppings, you can add toppings here and choosing some dark chocolate on top.

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So

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we blend all the ingredients together in a blender. And we set in the fridge for four hours and it's done.

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He don't have to. You don't have to cook it it just sets

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set. And then I've created

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some chocolate on top for decoration and for extra crunchiness

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and you could probably add fruit on top as well. If

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you want to add fruit you can add any toppings you like.

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So this is like freestyle.



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So it's the dates and the cow mixed in with a coconut milk that helps it set

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up an ad mail once it's in everything coconut what's in the fridge except it solidifies. So he gives it to beautiful texture. Sounds very

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easy. It is very, very easy. Okay, so let's talk about dinner.

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Dinner. I mean, everyone,

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all my clients tell me when it comes to dinner, I'm so hungry, especially when you're pregnant. There's something that happens I think, but even when you're not pregnant We all get very, very hungry and everyone's craving comfort food. So here I'm bringing cauliflower crust healthy pizza for you all.

19:13

Show you well.

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I see a lot of things on that pizza.

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Remember eat the rainbow

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so that's about this. So, cauliflower contains some of almost every vitamin and mineral that you need, including vitamin six C and folate. We're going to use for the cross some goats cheese which provides healthy fats, protein and calcium. And we're also going to use eggs which are a really good protein source and provides amino acid at you and your baby need. They contain more than a dozen vitamins and minerals including Colin which is good for the baby's brain development. So

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This



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is a superfood pizza. And it's just like a win win in every sense of the word because it tastes amazing. So how are we going to do the crust we need one pound of frozen cauliflower florets. Now this can be done with fresh cauliflower but there's a lot more steps. So I'm recommending for these one frozen cauliflower because it makes it so much easier. We're going to need one beaten

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one third of a cup of So, soft goat's cheese,

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one teaspoon of dried oregano or other herbs that you like, and a pinch of salt. So that's for the crust. So we're going to thaw the cauliflower completely.

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Preheat the oven at 400 Fahrenheit

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and pour the cauliflower into a blender or food processor processor. Until you get like a mash texture. Then we're going to put it in a bowl and mix this cauliflower, which is like a mash cauliflower with one egg which we've been before, and the goat's cheese and the spices. And here again, feel free to wash your hands and use your hands to massage until you get like a mash kind of based. It's not going to be something you've seen before in terms of texture, it's very specific.

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Okay, so once you have these,

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press the dough onto a baking sheet with lined with parchment paper on top, you need the parchment paper otherwise it's gonna stick. So you, you spread the base like the mash batter on top until you get a thin layer about one quarter of an inch to half an inch. And that's it you place it in the oven. For 30 minutes at 400 Fahrenheit until it's dry and golden. Then you use

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a parchment paper

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to flip the crust over and bake it again until it's nice and dry about 10 to 15 minutes extra, and



you have a beautiful crust. What I do is I make two or three, and I store them in the fridge and then as the week goes by, I add different toppings. But once I've made the you know, once I've made the crust, it's so much easier.

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And then once you have that, you add

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the toppings that you like. So for this one,

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I have my homemade ketchup which I'm going to

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talk about later, which is a tomato sauce that again, once you try that you won't go back to normal tomato sauce. It's just an upgraded version. I have grated cheese. I have artichoke hearts, red pepper anchovies for omega threes and protein.

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So for the

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tomato sauce again here you can use normal tomato sauce and the pizza will be still very, very healthy. But if you want an upgraded version and this has become one of my clients favorites, is what I call the whole wheat ketchup. So for that, you need to have sun dried tomato halves soaked for one or two hours. One tomato can be Roman talion two dates.

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One and a half tablespoons

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of apple cider vinegar, one and a half tablespoons of water, a little bit of salt, a dash of onion powder and a dash of garlic powder.

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So you

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you blend all these together and you have an amazing tasting very, very rich tomato sauce. I've



used that as tomato sauce for this pizza. But again, if you're out of time, and you don't have all these ingredients you can choose us organically in tomato sauce.

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That vinegar adds a slight kick to it. And the and the dates make it a little sweeter to the balance out the vinegar.

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Absolutely, and extra nutrients. So it's

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a graded version, but the whole beat dying itself is amazing and super healthy. The crust is the superfood. Also little tip on the crust. My kids love the crust, but as a bread. So often I just use the crust instead of using bread for other things.

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I use the crust as as my as that

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bread we use in the house. They really love it.

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And to try and some people may not be the big fans of anchovies. Can you suggest another type of protein you might add?

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So you can use any food in here.

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Eat animal protein, you can have chicken, you can have salmon you can have.

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sausage.

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Be like any protein that you like, if you're vegetarian or you're into man, protein you can

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you can even use the toppings



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you like for pizza Really?

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Sure. That's great idea to make several crust and then you can just put the different toppings on and each day can be different.

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Exactly. So today I'm in the mood for whatever these kind of a moral or some don't mix together.

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You know, like,

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I'm looking into veggies but you know, like, you're like, Oh, I would not mix that and that Okay, then keep it for tomorrow and maybe make another combination another day.

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Right. Right. So for dessert, I am proposing chocolate

26:02

Okay, this is one of the recipes that once you try yourself to make it yourself you won't go back go back to buying chocolate. So I have two versions of that so you can see just with different shapes different more. One is your standard kind of chocolate bar and the other one is with toppings on top and very thin. So with this one I have coconut flakes on top and with this one I have fallen on top. So this is the easiest thing ever. We're gonna mix have a cup of raw cacao powder, which gives you a ton of antioxidants. Half a cup of coconut oil, which has healthy, add a nice, yo we're gonna have three tablespoons of honey, half a teaspoon of vanilla

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and that It so we're gonna mix it all together.

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If the coconut oil comes from the fridge or it's kind of chilly in your house, you can melt the coconut oil in a saucepan and then mix all the ingredients deviates the summer and the coconut oil is already in my quick work. You don't need to put it in a goal you need all the ingredients together. So again, we've said coconut oil, rock account powder, honey and vanilla. And that's



your base. You pour that over any mold that you like so I had a chocolate mousse. So that's how I made this one. But for these ones I just wanted to show you I just put a plate with parchment paper on top and just for some of the liquid on and it solidifies like that.

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And then you place it in the freezer and

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everyone loves chocolate. I may add a little nuts on top of mine, you have different choices.

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Exactly.

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So that's your

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dessert. Now let's talk about snacks.

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So my first

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option for snack is the savory version.

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And these can also be used

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as a light meal. So it doesn't need to be as nice. It's cabbage tacos with red lentils and guacamole.

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And I'm going to show you

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so



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say again,

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cabbage tacos with red

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lentils and guacamole

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is great.

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You can eat it like an open version or you can grab it like that.

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Okay, so let's talk about these recipes one of my favorites. So cabbage is a low calorie vegetable that is reached vitamins, minerals and antioxidants within vitamin C, B six c, k and folate, it's highly anti inflammatory and I love the shape because it works so well for tacos or anything you want to put on top.

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So in this case, we're adding

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lentils for good quality protein. And they have iron fiber folic acid called polyphenols as well which makes it a superfood. So, before we start, we're going to cook the lentils. For that I've used have a cup of red lentils, one cup of water and have a teaspoon of salt and the instructions to bake the lentils are soak them for four hours, rinse them leaves the lentils in a large pot with water and salt and bring it to boil then reduce it to a simmer. Cover and cook until tender for 15 to 20 minutes

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drain and you have your lentils.

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The next thing that I've done is the guacamole. So for the guacamole I've used one



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one line,

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a quarter of onion diced, one tomato chopped, and one tablespoon. Well that's optional, one
tablespoon of

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chopped cilantro and a little bit of

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so when you blend the avocado, the lime juice and the salt and once that's blended you mix it
with a spoon, the chopped onion, tomato and the cilantro. And that's it. And that's always

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one of my favorite family's favorite foods to add. It's also a great source of protein great source
of fiber.

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Yeah, yummy avocados. really my favorite fruit.

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I really, really like it.

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Perfect. So this is how it turns out. And again, this can be a meal or a snack. It's a myth that all
our snacks need to be sweet. That's something that I always tell my clients. I don't know why
we have this idea that everything will be between meals. It's not the case.

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So

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the second snack option is

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probably my favorite recipe in the world



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and by foreign currency rates, which is healthy.

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Show you how this looks like.

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So you're gonna have to explain to us how they're actually healthy.

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Yes. And the good thing of these recipes is that you can put it in a doughnut shape, you can put it in a cake mold, like it doesn't matter what shape it always works. So oats are rich in carbs and fiber but also high in protein and fat. So I it's like one of my favorite wholegrains. They're very high in many vitamins and minerals and antioxidants, plant compounds including folate, iron and zinc. So these donuts are old spaced. We're gonna sweeten them naturally with bananas and apples, which is the same thing we've done in the morning with the granola, and they're very nutritious and loaded with vitamins and antioxidants. And also adding cinnamon contains lots of highly potent antioxidants and highly anti inflammatory. And I'm also adding olives and coconut oil which we talked about the benefits before. So, for 12 small doughnuts, we're going to need two medium bananas one apple 65 grams of old fashioned oats to add cinnamon to taste, one teaspoon of coconut oil and one teaspoon of baking powder. So, all we're going to do is the oven at 390. Grease your doughnut mold or whatever shape or mold you're using.

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Feel the apple and cut it in pieces

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and put it in the microwave for two minutes, which is the same thing with done in the morning

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with the granola

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and then we're gonna blend

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all remains together. Everything I said goes in the blender. Super easy one, everything in the blender, you blend it and that's your batter. So you put it on your mold, and then you bake it at



390 for 12 minutes. It's so quick and you let it cool off and you remove it from the molds and then feel free to add the toppings. likes So for this one

34:02

I've added some chocolate on top.

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So for the chocolate you can use either the chocolate recipe that I gave you before which works really really well. Or you just melt some dark chocolate with a little with a little bit of coconut oil in the microwave. And then you bought it on top

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which I've done here.

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If you don't have a doughnut mold, what else could you use could use a small pin pan or something else?

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Yeah, any more that you have. The good thing of this recipe is that it will go in any shape. So on my Instagram at Sonia reverse coach, I have these recipe in a cake shape in like

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muffin you can use it as little muffin well really in any in any mold that you have at home, it will go really well do

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that depending on the different modes you use, the baking time will be different. So you need to keep an I for doughnuts because it's very small portions. It's very quick making time 12 minutes, depending on the different modes you'll need to keep an eye so that you know, you

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adjust the baking time for that.

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That sounds like a wonderful combination of breakfast lunch, dinner stacks.

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Perfect and I have some more.



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The next one is my kid's favorite, which is healthy gummy bears.

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Wow, healthy gummy bears. Okay.

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They're so cute.

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So they look

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like gummy bears.

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So what's the secret to making them healthy?

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So the secret is that we are only using mediums for that we're using 100% organic tart cherry juice. Two tablespoons of raw honey, and three tablespoons of grass fed gelatin. So gelatin is a product made by collagen. And it provides strength and structure for tissues lubricate joints, and increases the flexibility of the skin and the strength of tendons. So I find it to work really well for women because our bodies changing so much we're carrying so much more weight, and our joints are normally talking to us during pregnancy. So this is a really good recipe for that. And it's a great tasting snack.

36:39

And cherry. And cherry juice is very tart normally so you add that honey to sweetness to it, but still have that very strong cherry flavor.

36:49

Yes, exactly. So honey is a very good sweetener. It's natural. And we've talked about the benefits before we like honey. So how we do that In a saucepan heat the juice over medium heat until hot but not boiling lower than into the lowest lowest setting and whisk the honey. Now, whisk one tablespoon at a time of the gelatin adding another only after the other dissolve.

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Continue to stir



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until the gelatin is fully dissolved which is about 10 minutes. Once you have no lumps, just liquid remove from and carefully

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transfer the liquid into the gummy mold

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sometimes

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the when you buy the the gummy bear mold they come with a dropper which is very, very useful. So I use that to make that and then you refrigerate it until it's firm which is one to two hours and you pop them out. And this is one you can store it in a glass jar and this is like your craving something sweet.

38:01

This is your go to

38:05

how long will they stay in a glass jar for Do you think

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I placed it in the fridge? Normally, obviously when I make that within this within a week might have eaten.

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I mean, at least at least a week for sure.

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Right? I mean this is something that you'll devour within a day or two probably so

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sounds like a fun snack.

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Yeah. Okay, so the next Mac proposal is banana chips. Again this is super easy.



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This is for when this is for when we're craving something crunchy.

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They say that you know when it comes

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to emotional eating, sometimes when we're angry and frustrated, we create something crunchy. So if that's you is your go to all you for bananas. One lemon, green source of energy vitamins B six C and potassium potassium for great for heart and for blood blood pressure. So banana is a great friend of yours when you're pregnant. And lemons are antioxidant and great source of vitamin C. So all you need to do is heat the oven at 225 prepare baking sheet with parchment paper on top. Cut the bananas in thin slices, spread them over the parchment paper and squeeze a lemon over the slices so literally squeeze it on top and bake in the oven for two hours.

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Two hours Wow. Okay,

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I just slow one. It is slow one

39:46

but I salt them slightly or not.

39:50

I don't I don't because I like the sweetness but

39:55

why not?

39:58

That's just a matter of trying Seeing a patient that you like best. Honestly, the bananas with a lemon are great by themselves. But if you want to add a little bit of salt feel free.

40:09

Sounds good.



40:13

Beautiful. And then last but not least, it could not leave you with

40:19

a smoothie bowl. Let me show you.

40:26

So, a lot of things in there.

40:28

Uh huh. So, when pregnant and again, my clients tell me that all the time, and I experienced that myself. There's something about textures that for some reason, things you used to love before all of a sudden are not that appealing anymore. And that happens to a lot of us with smoothies. So smoothies are great because you can pack a lot of nutrients in one go. But some of us are like when you're pregnant, you're like, I'm not sure about the texture. So my solution That is a smoothie bowl. The difference is that instead of using fresh fruits, we're going to use frozen foods. So when we blend them, it comes out a lot thicker, much more like an ice cream texture. And it's also great now in the summer when you're craving an ice cream smoothie bowl instead because you'll feel associated and you'll have a lot more vitamins and nutrients in your body. So for these one in specifically, I've planted one frozen banana, have a cup of mixed frozen berries, and then you don't feel free to use other foods and you have mango works really well green apple works really well and then have a cup of nut milk water. And these would be the amount that I'm telling you is for one portion, I do have to say that here I've doubled the portion because I'm going to share these with my kids later. So it won't come out as big You want the size of all the portions that I mentioned. And then once you have the dates, you can add any toppings you like. So have fun here. Today I'm using cashews, coconut flakes and walnuts.

42:17

And this is gonna be our snack today.

42:20

Sounds great. I'm ready for it.

42:24

So I'm here, they all look delicious.

42:28

And I love the idea you can make larger batches. So these things can store for several days,



because who wants to cook something new every day? Exactly. And I love the fact that these are all easy. So we're going to have all these easy, healthy, easy recipes on our website, along with your contact information if people have questions or want to learn about other recipes. This house sounds great. Any comments? You want to make any feedback from your clients?

42:58

Well, no Everything that I've shown here and shared with you are playing favorites. So let me know if you like it. And one last comment that I wanted to make is, we are what we eat, yes, but also what we think and what we feel. So part of the diet as well is to curate and pay attention to our thoughts and our emotions, especially when you're pregnant because you're not alone. So I'm sure you're talking about that in other presentations. I just wanted to comment on that. So breathe, be mindful. And just like make sure you're cultivating good vibes through the day.

43:41

enjoy eating your food, enjoy making your food and enjoy sharing it. Well. Thank you so much for sharing all your thoughts and ideas with us. And again, that looks delicious.

43:52

Thank you, James.

