

# Healthy Snacking

making the effort  
of choosing the right  
snacks effortless



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# Healthy Snacking

Simply effortless!

I'm so tired, I just want something sweet.....

I'll just grab something easy....

I don't have time to eat healthy, I have to cook for my kids...

Eating healthy food is so hard...

I'll start tomorrow...

Any of this sound familiar?

Choosing healthy eating options isn't always as simple as it sounds

Especially when you are tired and all you want is a sweet fix

Turn the page to find some simple solutions so that you always have a

"better" option to grab on the run



# Healthy Snacking

## Simply effortless!

Hommous and veggie sticks

Tip: Prewash and cut the veggies so that you have them in bulk in the fridge otherwise, 100% you will grab the crackers instead!



Sliced apple with peanut butter

Tip: When you buy the apples, wash them so they are ready to grab on the run  
Only buy peanut butter that is 100% peanuts, no added sugar or other nasty vegetable oils  
Almond butter or alternative nut butters are yummy aswell



Greek yoghurt and berries

Tip: Read the label on the yoghurt to ensure it is unsweetened



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## Fresh fruit and Nuts

**Tip:** Wash your fruit before placing it in the fridge. This ensures it is ready to grab on the run!



## Trail Mix

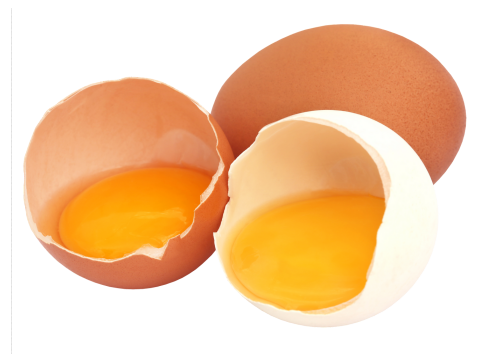


**Tip:** Pre-prepared trail mixes don't always include the best balance of ingredients. It's easy to mix your own. Try a blend of almonds, macadamia nuts, hazelnuts, brazil nuts, pistachios, pepitas, sunflower seeds, dried apricots and goji berries for example.

## Hard-boiled eggs

Eggs are a super source of protein and healthy fats. and will keep you satisfied for hours!

**Tip:** Pre cook enough for the week on Sunday



# Healthy Snacking

## Simply Effortless!

### Smoothies

Never underestimate the power of a smoothie!  
Made thoughtfully, it can be a balanced meal in a glass!

#### 1. Super simple

- One scoop of protein powder
- One serve of fruit eg banana or berries and
- Liquid of your choice eg almond or oat milk , coconut water or water

#### 2. A little bit more nutrition - As above but add

- Greens - A handful of spinach or greens of your choice
- Healthy fats -A "thumb" of avocado or a tablespoon of coconut cream or hemp seeds

#### 3. Even more nutrients, for example you might also like to add:

- cacao
- hemp seeds
- pepitas
- chia seeds
- collagen powder



# My family's story

Hey, I'm Lou and I am so happy to connect with you.

Welcome to The Peppermint Tree, a space that is focused on wellbeing and living a vibrant and sparkling life. As a busy mum, my life has been adventurous. I am one of those people who tries to cram 3 days into one because there's so much fun stuff to do. My days as a Mum of young adults I love to fill my days with CrossFit, gardening, reading, going to the beach, cooking all the yummy food, craft, having brunch and lunch with friends and supporting my family. And of course, my business and supporting the incredible women and families with their health and wellbeing is a key priority. I started my working life as a primary teacher and after having my children I worked in the family business. Now I am so happy to share The Peppermint Tree and all the fabulous wellbeing enhancing things I am excited to offer you.

A few years ago, my daughter had physio tape wrapped around her feet in an endeavour to determine whether she required orthotics for her flat feet. This was a common course of action however what followed was quite surprising – she ended up with several blisters the size of mangoes on each foot!

After being admitted to hospital and having treatment similar to that which would be applied to burns victims the skin on her feet thankfully healed.

We visited an immunologist who advised us to avoid synthetic fragrances. My daughter, at the age of just 13 had a toxin overload and her



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body had become sensitive to the synthetic chemicals found in our foods, personal care and cleaning products.

This shocking discovery led to countless hours spent in health food shops, chemists and supermarkets scanning labels and searching for safer products for our home. As a family we learnt about "green washing" and inaccurate and unfair labelling laws and how to use apps that identified potentially harmful ingredients, including hormone disruptors. This journey was eye opening.



We discovered that regulatory bodies and manufacturing companies have very little consideration for the potential side effects of many of the ingredients in common household products. In addition, we discovered quality "clean" products are not easy to find and often expensive and that here in Australia we still allow many chemicals that have been banned for some time in Europe and the US.

Fortunately for us, fate stepped in. A friend invited me to a workshop about essential oils, I said "yes" and on that evening back in August 2017 I learned how Essential Oils and Young Living products could potentially replace ALL the previous products containing synthetic chemicals in our home!

This put an end to searching the shelves and scanning all the ingredients in the shops. It may sound a little clichè but that workshop was life changing!



# My family's story

In addition to low-toxin living and the use of Essential Oils I have evolved my learning and have an expanding opportunity to support the wellbeing of a family from the perspective of hormone health. After discovering a series of alarming facts

- babies are born with an excess of 150 chemicals in the umbilical cord
- many couples experience fertility issues
- is more common than ever for girls to experience painful and troublesome periods
- and so many women suffer from seemingly unexplainable weight gain
- quality sleep seems to be elusive for many and
- stress and anxiety are rife has led me down the path of health and hormone coaching

Our family too, has experienced many of the fore-mentioned concerns. We have been fortunate to have had guidance, advice, and knowledge from an amazing support team of friends and professionals and now have a beautiful "toolbox" of wellness tools to support our bodies. I realised this is not the case for everybody. It has been my passion for learning and quest for knowledge that has brought me to this point, and I am now passionate about helping women to achieve their health and wellness goals.



Through my coaching programs I guide women to make small sustainable changes so they too can lead their best possible life. I'm so looking forward to supporting the health and wellbeing of you and your entire family. The way I see it, life should be magical, vibrant and wonderfully splendid! I look forward to supporting you in your personal journey.

**Book a free [Wellness Call](#) to see if we can work together**  
**I look forward to supporting you in your personal journey to wellness.**

<https://bit.ly/chatwithlou>

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