



HOLISTIC HEALTH AND WELL-BEING

# Nourish & Flourish

**Lose weight & Be Well**  
**Anti-Inflammatory foods for**  
**Energy, Wellness & Weightloss**

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The information provided in this PDF is for general wellness purposes only and is not intended as medical advice.

Each individual has unique health needs, and for the best results, all plans should be personally tailored to suit your specific situation.

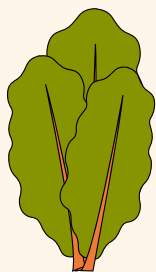
Here at Holistic Health and Well-Being, we take into account any medical contraindications, allergies, intolerances, and personal preferences. You should consult with a healthcare professional before making significant changes to your diet or lifestyle.

Food to support you to lower  
inflammation, lose weight and  
maintain muscle

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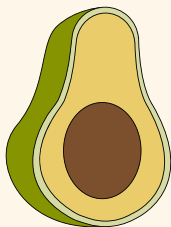
# What's in here?

Recipes that use whole, nutrient-dense ingredients to promote overall health while minimising inflammatory triggers like processed foods, refined sugars, and unhealthy fats.



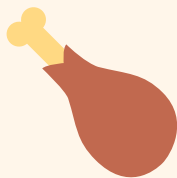
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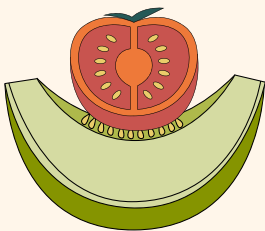
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## Here's how foods contribute to reducing inflammation:

- Eggs: Rich in protein and choline, eggs can support muscle health without promoting inflammation when consumed in moderation.
- Spinach & Capsicum: Leafy greens like spinach and colourful vegetables like capsicum are packed with antioxidants and anti-inflammatory nutrients like vitamins A, C, and E.
- Avocado: Contains healthy monounsaturated fats and antioxidants, which help reduce inflammation in the body.
- Olive Oil: A key anti-inflammatory fat due to its high content of oleic acid.
- Grilled Chicken: Lean protein supports tissue repair and can be anti-inflammatory when unprocessed and grilled.
- Quinoa: A gluten-free grain rich in fibre and magnesium, which can help reduce inflammation.
- Salad Greens, Cucumber, & Tomatoes: Rich in vitamins and antioxidants that help combat inflammation.
- Olive Oil: Again, a heart-healthy fat that helps lower inflammation markers.
- Salmon: Packed with omega-3 fatty acids, which are some of the most potent anti-inflammatory nutrients available.
- Broccoli: A cruciferous vegetable rich in antioxidants, particularly sulforaphane, which has been shown to reduce inflammation.
- Sweet Potato: Contains beta-carotene and fibre, both of which help support a balanced immune response and reduce inflammation.
- Greek Yoghurt: The probiotics in yoghurt can help balance gut bacteria, which plays a role in reducing inflammation.
- Berries: Full of antioxidants like anthocyanins that reduce inflammation.
- Almonds: Rich in vitamin E, which can protect cells from oxidative stress and lower inflammatory markers.



# Breakfast

## Veggie Scramble with Avocado

Serves 1 | 360 calories | 22g protein, 23g fat, 15g carbs

### Ingredients:

- 2 whole eggs
- 2 egg whites
- ½ cup baby spinach
- ¼ cup diced capsicum
- ½ avocado, sliced
- 1 tsp olive oil
- Salt and pepper to taste

### Method:

1. Heat olive oil in a pan over medium heat.
2. Add spinach and capsicum, sauté for 2 minutes until softened.
3. Pour in the beaten eggs with the whites and cook, stirring gently, until scrambled.
4. Serve with avocado slices on the side. Season with salt and pepper.

*Angela Liberti*

# Lunch

## Grilled Chicken, Quinoa & Salad

Serves 1 | 450 calories | 35g protein, 18g fat, 35g carbs

### Ingredients:

- 150g grilled chicken breast, sliced
- $\frac{3}{4}$  cup cooked quinoa (130gm)
- 1 cup mixed salad greens
- $\frac{1}{2}$  cucumber, sliced
- $\frac{1}{4}$  cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

### Method:

1. In a large bowl, mix salad greens, cucumber, and cherry tomatoes.
2. Top with sliced chicken and quinoa.
3. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper.

*Angela Liberti*

# Dinner

Baked Salmon with Steamed Broccoli and Sweet Potato  
Serves 1 | 370 calories | 34g protein, 18g fat, 18g carbs

## Ingredients:

- 1 salmon fillets (150gm)
- ½ medium sweet potato (85gm) cut into cubes
- ½ head broccoli, chopped (100gms)
- ½ Tbsp olive oil
- Juice of ½ lemon
- Salt and pepper to taste

## Method:

1. Preheat oven to 180°C.
2. Place the sweet potato cubes on a baking tray, drizzle with olive oil, and roast for 25 minutes.
3. While the sweet potato cooks, season salmon with lemon juice, salt, and pepper.
4. Bake the salmon in the oven for 12-15 minutes until cooked through.
5. Steam the broccoli and serve alongside the salmon and sweet potato.

*Angela Liberti*

# Snack



## Almond and Berry Yoghurt Bowl

Serves 1 | 210 calories | 17g protein, 8g fat, 15g carbs

### Ingredients:

- 150g Greek yoghurt
- ¼ cup mixed berries (fresh or frozen - 40gm)
- 1 tbsp almonds, chopped (7gm)
- 1 tsp honey (optional - adds more calories)

### Method:

1. In a bowl, combine Greek yoghurt, mixed berries, and almonds.
2. Drizzle with honey if desired, and enjoy as a mid-day snack.



*Angela Liberté*

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## Meet Angela

I had my first job in the large Metropolis of London where people came from all around the globe to work, to learn and live an experience that impacted their lives forever.

Being young and impressionable, I was in the perfect place to discover new ideas and experience differing perspectives on life and how the world worked.

This time for me was eye opening and woo woo rich. was incredibly fortunate to find dear friends who I have now known for what seems like several lifetimes.

Their wisdom, colourful insights and unconditional love, continue to guide my adventure in this incredible life.



A healthy Body, A healthy Mind and, A healthy Spirit.

Each element of self are intrinsically entwined, Self-Care is not a luxury but is an absolute necessity for the human experience.

Self-Care should be indulged in frequently, as desired and when required.

- Food for the mind; to have healthy ways of observing, believing and interacting with the world around us
- Food for the Spirit, that which provides peace and calm regardless of the circumstances around us, with an inner peace and self confidence.
- Food for the body, providing nourishment and energy, boosts immunity, slows ageing keeping us healthy and at our optimum size and weight whether we are sporty, sedentary or somewhere in between.



# Holistic Health and Well-Being

Therapies to lower inflammation

[More Information](#)

**ALSO AVAILABLE ARE PERSONALISED NUTRITION PLANS**

PEMF promotes healing of soft tissue injuries, inflammatory joints, delayed and non-union fractures, and improves circulation and cellular metabolism.

Lack of sleep often goes hand in hand with chronic pain and may result in a vicious circle of pain preventing sleep while sleep deprivation results in worsening pain.

The PEMF system addresses both these issues at once by simultaneously reducing pain and improving sleep.

Red Light Therapy used to promoting wound healing. It's often used for anti-aging, acne treatment, and surface-level tissue repair.

NIR Therapy: Uses longer wavelengths, typically between 700-1200 nanometres, which penetrate deeper into the body. NIR is more effective for reaching muscles, joints, and even bones, making it beneficial for reducing deeper inflammation, promoting muscle recovery, and enhancing circulation. Both Red Light and NIR are therapies that complement each other and can be used together for holistic health benefits.

Molecular hydrogen Inhalation or H<sub>2</sub> gas is a very small neutrally charged molecule that has the ability to cross cell membranes and the blood-brain barrier. This gives it the unique ability to access DNA and mitochondria within the cell where it has protective action.

Free radicals are uncharged or unstable molecules, which make them highly reactive and extremely likely that they'll pull apart pieces of other molecules to gain stability. In their search for stability, they can damage your body. Sometimes this can result in chain reactions. Antioxidants are molecules that safely stabilise free radicals and reduce the amount of damage that can be done. The effects of molecular hydrogen on cardio vascular system diseases are well known and documented.

**Use this link to Schedule  
your free consult  
or scan the QR code**





**May you be filled with Loving Kindness**

**May you be at Peace**

**May you be Happy**

**&**

**May you be Well**

**Holistic Health and Well-Being**

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