



**Our lifestyle blog is brought to you by local Personal Trainer and Fitness Queen founder, Hayley Lundy. We aim to educate, motivate and inspire our readers to lead a healthy active life.**

This issue I'm sharing some healthy mega-simple recipes I love to make. I personally try to have tasty, healthy food alternatives planned for the weekend when I'm on a health kick and trying to avoid calorific food.

People often find the weekend is the hardest time to make healthy choices, as it's seen as our 'down time' and when we like to treat ourselves. Having tasty alternatives to our favourite weekend treats definitely makes it easier to avoid takeaways or the need to binge on far-too-tempting sweet stuff!

I love this healthy take on egg fried rice made with organic eggs and brown rice. Maybe you can give it a whirl instead of hitting the takeaway menu this coming weekend?



Here's how to make it:

**INGREDIENTS**

- 2 cups brown rice
- 2 eggs
- 2 teaspoons olive oil
- 1 chopped onion
- 2 crushed garlic cloves
- 1 finely chopped red chilli
- 1 large head chopped broccoli (small pieces)
- 1 large thinly sliced carrot
- 150g roughly chopped green beans
- 2 tablespoons tamari

**METHOD**

Cook the brown rice as per cooking instructions and leave to cool in the refrigerator. Add salt and pepper to the eggs and beat until smooth. Heat a wok over medium-high heat until hot. Add 1 teaspoon of oil. Add eggs and swirl around wok to form a thin omelette. Cook for 1 minute. Turn and cook for a further minute. Remove to a board. Thinly slice.

Add remaining oil, onion, garlic and chilli to wok. Stir-fry for 2 minutes. Increase heat to high. Add broccoli, carrot and beans. Stir-fry for 4 minutes, or until tender and crisp.

Add the cooled rice and tamari to wok. Stir-fry for 3 minutes, or until heated through. Add egg and stir to combine.

Serve immediately.



**Dessert option**

For a healthy sweet treat, try my fave combo (kids love this too). This is definitely a good way to curb sugar cravings and have a dessert that's delicious and nutritious.

First add full fat natural yogurt to a bowl, then top with fruit of your choice. Drizzle with a little honey and top with a sprinkling of milled linseed or nuts. You can also add a few chocolate shavings to the top and roasted coconut shavings taste really good too. Simple!

Try different combinations to see what you enjoy most!

If you would like help with your diet or a plan to shape up, you can contact me now to see how I can help. I offer diet plans, one-to-one personal training sessions and training plans. Just get in touch with your details and what you would like help with.

*Hayley x*

**M: 0773 547 0326**

**W: [www.thefitnessqueen.co.uk](http://www.thefitnessqueen.co.uk)**

**F: Fitness Queen**

**E: [Hayley@thefitnessqueen.co.uk](mailto:Hayley@thefitnessqueen.co.uk)**

