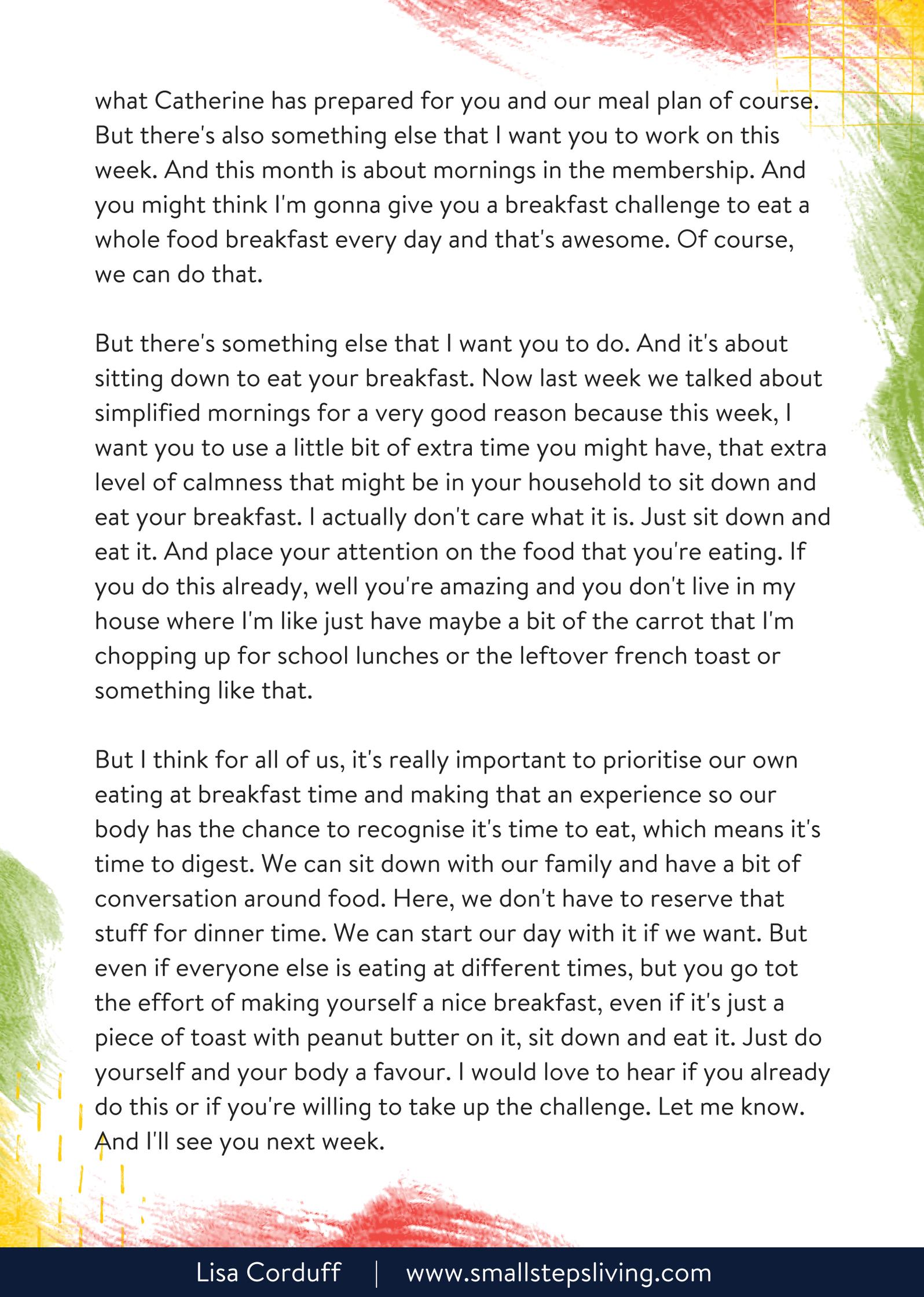


ONE POT RECIPES + BREAKFAST CHALLENGE

We have so many requests for really simple meals that we can just throw together. So our amazing Katherine, she's been busy. And she has been creating some one-pot wonders, where you literally just need one pot in order to be able to cook a whole dish that you can just serve up to the family. So good. Best thing about these dishes and I've checked them out. So good. My mouth is watering when I think about them, is that they're perfect for leftovers the next day as well. So like with all these things, we try with our families and if someone you love wasn't so in love with the food you cooked. So there's your lunch assorted for the next few days.

Nothing's ever wasted when we try to serve our family whole foods. It is all an interesting experiment and while one-pot dishes for a long time apart from something like risotto, would not work for my family because they just like things separated. They're now getting to an age where we can explore this stuff a little bit more and it's so exciting. But for a long time, I might have cooked things in one pot and separated them out or perhaps even with something like my slow cooked lamb shanks. They can get bits of the meat and then I might even have whizzed up all the rest of the stuff into a soup and they just have a nice smooth soup.

We do what we have to do for the different stages of children's development and tastes. But I think for families especially when you need to get home and do lots of other things instead of cooking, it's so handy to be able to throw everything together, pop it in the oven, and off you go. So I think you're gonna love



what Catherine has prepared for you and our meal plan of course. But there's also something else that I want you to work on this week. And this month is about mornings in the membership. And you might think I'm gonna give you a breakfast challenge to eat a whole food breakfast every day and that's awesome. Of course, we can do that.

But there's something else that I want you to do. And it's about sitting down to eat your breakfast. Now last week we talked about simplified mornings for a very good reason because this week, I want you to use a little bit of extra time you might have, that extra level of calmness that might be in your household to sit down and eat your breakfast. I actually don't care what it is. Just sit down and eat it. And place your attention on the food that you're eating. If you do this already, well you're amazing and you don't live in my house where I'm like just have maybe a bit of the carrot that I'm chopping up for school lunches or the leftover french toast or something like that.

But I think for all of us, it's really important to prioritise our own eating at breakfast time and making that an experience so our body has the chance to recognise it's time to eat, which means it's time to digest. We can sit down with our family and have a bit of conversation around food. Here, we don't have to reserve that stuff for dinner time. We can start our day with it if we want. But even if everyone else is eating at different times, but you go to the effort of making yourself a nice breakfast, even if it's just a piece of toast with peanut butter on it, sit down and eat it. Just do yourself and your body a favour. I would love to hear if you already do this or if you're willing to take up the challenge. Let me know. And I'll see you next week.