

SUPERFOODS

Enhancing physical and mental well-being



By David Germeau
Health Program Creator

IN SHAPE TO GROW



Menu

Following your participation in the webinar 'Learning Finance: Stress Management Workshop' in December 2023, here is a proposed menu rich in 'Superfoods':

For breakfast:

- A portion of 30g of protein (equivalent to approximately 1.06 ounces - 3 eggs and 1.76 ounces of firm tofu, 3.53 ounces of smoked salmon, chicken fillet, ...) or a smoothie (7 recipes of your choice on the following pages).
- A spice of your choice: Turmeric, Ginger, Cinnamon, Coriander, Cumin, Parsley, Paprika, Chili, Rosemary, Coriander, Oregano, Basil, Thyme, Bay Leaf, Cardamom, Sesame Seeds, Sage, Poppy Seeds, and Dill.
- A green vegetable juice.

For lunch:

- In spring and summer: a colorful salad of your choice as an appetizer - apple cider vinegar + olive oil dressing.
- In fall/winter: homemade soup with a spice of your choice as an appetizer.
- For dessert: approximately 1.76 ounces of 80% dark chocolate + goji berries, ...

For snack:

- In spring and summer: 4 Brazil nuts/or a handful of pistachios and a red fruit (adjust quantities based on weight).
- In fall/winter: 4 Brazil nuts/or a handful of pistachios and a seasonal fruit.

For dinner:

- As an appetizer: 1 tablespoon of fermented vegetables (pickles, olives, kimchi, sauerkraut, kefir, ...)
- Cook with garlic, using spices of your choice.
- A glass of bitter cherry juice 2 hours before bedtime.

To watch/to read:

- Netflix documentary "Live to 100: Secrets of the Blue Zones".
- James Clear: "Atomic Habits"



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Proteins

Proteins are often associated solely with the muscle mass of athletes and their performance. However, this is a very narrow view.

Certainly, proteins are essential for muscle mass and therefore performance, but they are also crucial for:

- Maintaining good posture
- Optimal energy consumption
- A healthy balance

Moreover, proteins, once digested into amino acids, play a vital role in:

- Supporting the immune system
- Liver detoxification
- Hormonal regulation
- Satiety
- Mood regulation through neurotransmitters such as dopamine and serotonin.

Consuming a variety of proteins from both the animal and plant kingdoms is important.

From the animal kingdom, we have:

- Meat
- Fish
- Shellfish
- Eggs
- Dairy products, and...
- Organ meats.

The mistake is to limit animal proteins to the meat of these animals, forgetting those found in organs that provide additional amino acids.

From the plant kingdom, we have:

- Cereals
- Legumes (lentils, peas...)
- Sprouted seeds
- Nuts and seeds (such as Brazil nuts...)
- Potatoes



Proteins for Breakfast

Consuming proteins for breakfast is essential but not always easy.

Breakfast is often mistaken for a dessert (pastries, jam...), and our palate may not always be ready for smoked salmon or an egg in the morning.

Time can also be a barrier to preparing such a breakfast.

However, as we have seen, these proteins contribute to better satiety in the hours that follow.

For the next 28 days, I invite you to try, as per your choice:

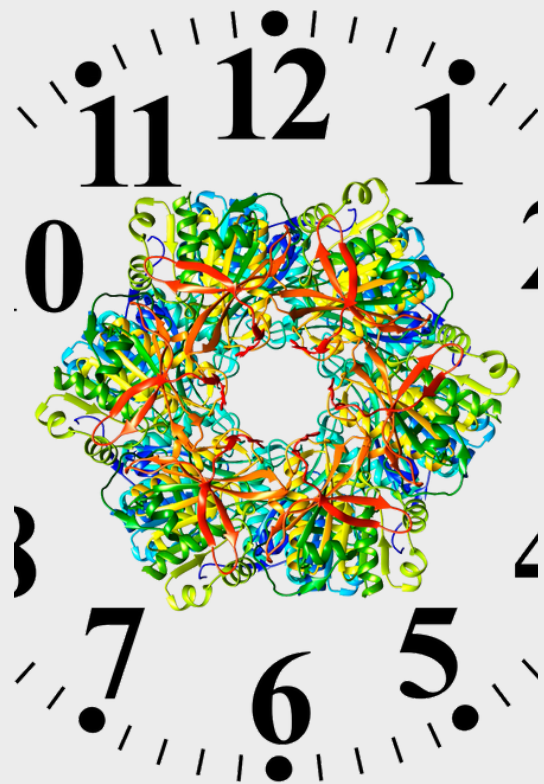
7 smoothie recipes

Based on high-quality plant-based proteins or whey protein to simplify your decision-making and ensure an optimal intake of nutrients, energy, and mental stability.

CHRONOBIOLOGY

A recent study published in the journal Cell Reports underscores once again the importance of consuming proteins at breakfast. Professor Huberman noted in a recent presentation that 'their consumption early in the day (during the active phase of the circadian cycle - 24-hour cycle) leads to higher levels of muscle maintenance and growth, due to variations in gene expression in muscle cells during the circadian cycle. »

Aoyama et al. 2021 "Distribution of dietary protein intake in daily meals influences skeletal muscle hypertrophy via the muscle clock"



Solution

In a modern world, the morning must be well-organized as it sets the tone for your day. However, it's not always easy amidst the morning routine, family obligations, etc., especially if one doesn't want to wake up at 5 in the morning. The solution is to combine both convenience and nutrients.

If you have breakfast, a quick and effective solution is to prepare in a few minutes a delicious smoothie made with dehydrated proteins, easy to digest as they are associated with natural digestive enzymes.

If you don't have breakfast but still want to benefit from the timeframe between 5 and 10 a.m. as described in the study, you can simply have this smoothie at 10 a.m.

At worst, a smoothie at 4 p.m. can also make up for any shortfall in your daily protein intake

The perfect Smoothie

A liquid base:

- Coconut milk or
- Almond milk

A portion of vegetables of your choice:

- Spinach - Kale - Parsley - Mint ...
- Celery - Cucumber
- Beetroot - Carrot
- Avocado

Or optionally, a low-GI fruit:

- Blueberries
- Raspberries

Or even a Superfood in the form of vegetables, fruits, roots, dehydrated.

A tablespoon of something to chew (important for satiety and digestion):

- Nuts (almonds, cashews, pecans, coconut)
- Nut butter (peanuts, almonds, etc.)

And a spice of your choice!



THE GREEN

SMOOTHIE #1



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:
8.5 to 12 ozs of unsweetened coconut milk.

Phytonutrients:
A handful of spinach.
1/2 avocado.

The crunch:
A handful of white almonds (about 20).

Blend in a blender.

THE RED

SMOOTHIE #2



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:

8.5 to 12 oz of unsweetened almond milk.

Phytonutrients:

A handful of diced red beets.
1/2 avocado.

The greens:

A handful of sprouted seeds.

*Ensure initially that your blender grinds the sprouted seeds:
put them to grind with a little water. If not, you'll add the
seeds directly to your mixture at the end.*

Spice:

Cumin or a spice of your choice.

Blend in a blender.



THE YELLOW

SMOOTHIE #3



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:

8.5 to 12 oz of unsweetened coconut milk.

Phytonutrients:

Two stalks of celery.

Rinse and cut the celery stalks into 3 to 5 cm sections. In the blender, pour a small glass of water. Add a small quantity of celery stalks, making sure it slightly exceeds the water level, but not more. Blend for the first time until you obtain a smooth and liquid puree.

The greens:

One tablespoon of organic peanut butter,
unsweetened and chunky.

Spice:

A pinch of turmeric or a piece.

Blend in a blender.

THE ORANGE

SMOOTHIE #4



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:
8.5 to 12 oz of unsweetened almond milk.

Phytonutrients:
One or two large carrots.

The greens:
One tablespoon of leftover quinoa.

Spice:
Ginger and turmeric roots.

Blend in a blender.



THE PURPLE

SMOOTHIE #5



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:

8.5 to 12 oz of unsweetened coconut milk.

Phytonutrients:

A handful of blueberries.

The greens:

A few chopped mint leaves.

A handful of spinach.

Spice:

Cinnamon or a spice of your choice.

Blend in a blender.



THE SPICY

SMOOTHIE #6



A dehydrated protein of your choice
(or contact me for advice).

The liquid base:

8.5 to 12 oz of unsweetened coconut milk.

Phytonutrients:

1/2 avocado.

The greens:

30g of green onions.

Spice:

1/2 chili.

A handful of chopped coriander leaves.

Blend in a blender.

THE CHOCOLATE

SMOOTHIE #7



A dehydrated chocolate-flavored protein of your choice
(or contact me for advice).

The liquid base:

8.5 to 12 oz of unsweetened coconut milk.

Phytonutrients:

1/2 avocado.

The greens:

Chopped mint leaves.

Spice:

1/2 chili.

Blend in a blender.

David Germeau

HEALTH PROGRAM CREATOR



David brings a wealth of experience with 20 years in the health field: as a trainer, nutritionist, coach, educator, speaker, author, and biohacker, catering to both corporate and individual clients.

He has developed his expertise working with a diverse range of individuals, from children to athletes, as well as those facing health challenges such as seniors, individuals with Parkinson's, and diabetics. Additionally, he assists those seeking overall health and well-being. He has created his own method called the 'Optimal Health Modeling.

- Master in Physical Education (Belgium)
- Master in Health Sciences & Nutrition (Australia)
- Certified HLC Level II, C.H.E.K Institute (USA)
- Facilitator in Business Model You (UK)
- Ongoing education in
 - Micro-dosing exercises (Canada)
 - Physionutrition (Belgium)
 - DNA Sport & Nutrition (UK)
 - HRV (USA)

David has been involved in integrative health research for several years, aiming to provide a unique and personalized service. No need to run to 36 health experts; he offers a comprehensive approach in a single service: training plan, nutritional program, strategies for improving sleep, respiratory work, life coaching, stress management, and performance enhancement.

Today, he focuses on resilience and the connection between trauma and biology.



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