

# KEEP YOUR LIFE UNDER CTRL

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E-BOOK

STRETCHING  
EXERCICES

HEALTHY LIFESTYLE  
TIPS & TRICKS



# BENEFITS OF STRETCHING

If you are reading this, you are interested in a healthy life, feeling and looking better and generally having a lifestyle that is more in tune with your inner self.

Above all things take a second and pay attention at all the magic benefits of Stretching (and Yoga, Pilates, Physical Therapy too) doing an exercise of imagination on how your life is going to improve.

## Encourages an optimistic outlook

A build-up of stress causes your muscles to contract, making you feel tense and uneasy. This tension can lead to having a negative impact on mind as well as your body. Stretching exercises have powerful stress-busting abilities. Stretching soon after waking up can help jump-start the mind and body. Stretching loosens tight muscles which help your muscles both relax and increase blood flow. It also encourages the release of endorphins, providing a sense of tranquillity and euphoria. Stretching directly before bed will even give you a more comfortable sleeping experience.

## Fortifies posture

Stretching helps ensure correct posture by lengthening tight muscles that pull areas of the body away from their intended position and keeping your muscles loose. Stretching the muscles of the lower back, chest, and shoulders can help keep the spine in better alignment and improve overall posture by relieving aches and pains. With reduced pain, there is a reduced desire to hunch or slouch.

## Enables flexibility

The most established and obvious benefit of stretching is improving flexibility and range of motion. An effective flexibility training program can improve your physical performance and help reduce your risk of injury. By improving your range of motion, your body requires less energy to make the same movements and you also will have more flexible joints thus lessening the likelihood of injuries acquired during workouts or during daily activities.



## Increase stamina

Stretching loosens your muscles and tendons which relieves muscle fatigue and increases blood flow. The longer you exercise the more energy you be burn, typically causing one to grow

fatigued. With stretching, you can delay the onset of muscle fatigue by ensuring oxygen is efficiently flowing through your blood, thereby increasing your endurance.

### **Decreases risk of injury**

It will help to supply a greater nutrient supply to muscles, thereby reducing muscle soreness and helping to speed recovery from muscle and joint injuries.

### **Improve energy levels**

Sometimes you may have trouble staying awake during your long, dragging day. If you're feeling this way then it might help to get out of your seat and do a few good stretches for a boost of energy, helping your mind and body be more alert. Muscles tighten when we get tired and that makes us feel even more lethargic, so feel free to stand up and do some stretches. It will help you to quickly and efficiently revitalize your energy levels.

### **Promotes blood circulation**

It increases blood flow to the muscles. Not only will this help reduce post-workout soreness and shorten recovery time, but it will improve overall health. Greater blood circulation helps promote cell growth and organ function. The heart rate will also lower since it doesn't have to work as hard and blood pressure will become more even and consistent.



### **Improve athletic performance**

If your muscles are already contracted because you haven't stretched, then they will be less effective during exercise. Regular stretching will relax all of your muscles and therefore enable them to be more available during exercise.

### **Reduced soreness**

Stretching before and after a workout gives your muscles time to relax. Increases in blood flow increase nutrient supply to the muscles and relieve soreness in the muscles after a workout.

### **Reduces cholesterol**

Paired with a healthy diet, engaging in prolonged stretching exercises can help reduce cholesterol in the body. This could prevent and even reverse the hardening of arteries, helping one avoid heart diseases.

**As we promised in Stretching Guide you received it in the product box we prepared to you more poses in order to improve your stretching routine.**

**Because nothing is as good as the practice, let's get started!**

Keep your body straight and place each hand on the strap handles or on any other convenient loops fitted to your height. Place your foot on the middle of the strap.

Raise your leg and hold it up for about 10-15 seconds. Repeat the stretch by at least 10 times and then move on the other leg.



***"If you can believe it, the mind can achieve it."***

*Ronnie Lott*

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Kneeling on one leg with the other leg in front resting with the foot flat on the floor. Place the loop around the foot of the extremity in the kneeling position.

Direct the strap behind your back and overhead. Keep the posture erect, hold the strap tight with both hands, and begin to bend the knee by pulling the foot upward and toward your buttock.



The stretch should be felt in the front of the thigh. Hold this position for 30 seconds. Repeat this stretch on the other extremity.

*“The difference between the impossible and the possible lies in a person’s determination.”*

*Tommy Lasorda*



In the standing position, grab the padded loop with one hand and elevate this extremity overhead with the elbow bent (this hand should end up at the base of the neck). Direct the strap behind the back with your other hand.

Using this hand gently pull down the strap toward the floor while simultaneously reaching with the elbow towards the ceiling.

The stretch should be felt in the back of the arm in the area of the triceps. Hold this position for 30 seconds. Repeat this stretch on the other extremity

Using the same position, pull down the strap toward the floor while simultaneously side-bending in the opposite direction of the extremity overhead. The stretch should be felt in the triceps and upper torso of the extremity positioned overhead.

***“Set your goals high, and  
don’t stop till you get there.”***

*Bo Jackson*

Place the ending strap loop around one foot and lie on your stomach while holding the strap with your hands behind the head.

Stretch your quad by holding the straps with both hands while pulling your leg towards your head more and more day by day. Hold this position to feel the stretch during 10-15 seconds, repeat 7-10 times and change the foot.



*"You cannot always control what goes on outside. But you can always control what goes on inside."*

*Wayne Dyer*

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The stretch will begin in a long sitting position with your torso erect, knees straightened, feet together, and your toes pointing up. The strap should be placed around the middle of both feet.

Reach forward to grab a loop in the area of your knee. Use your hands to pull the strap backwards towards you. Your feet and ankle must be relaxed also being pulled towards you.

The stretch should be felt down the back of the legs. Hold this position for 30 seconds. For an isolated stretch this can also be repeated one leg at a time.



*“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”*

*Ken Doherty*



# EXERCISES + A WELL-BALANCED DIET + GOOD SLEEP = A HAPPY LIFE

This is one formula we really trust in. We already did exercises and we achieved all stretching's benefits and forwards we propose you to talk about nutrition.

All people are just tired of the term "diet" which makes things about eating carrots and celery sticks and having a long "not allowed" food list.

We don't want to make it about that, but want to mention some key aspects of your diet, as this is a crucial aspect in anyone's fitness goals.

When we talk about nutrition, we discuss: ● **Calories** ● **Protein** ● **Fat** ● **Carbohydrates**

## CALORIES

Calorie intake is an important component of your diet. You use calories to breath, digest, walk, exercise, sleep, laugh and all other things. Calories are essentially the energy that your body uses throughout the day for its functions.

The number of calories you need each day vary depending on your lifestyle and other factors, such as your age, weight and height. In order to lose weight, you need to consume fewer calories per day than your body needs.

For example, if you want to lose 1lb a week, you will need a negative calorie balance of 500 calories per day; for – reduce your calorie intake by 1000 calories a day.



The number of calories in a food is a measure of how much potential energy that food possesses. One gram of carbohydrates has 4 calories, one gram of protein has 4 calories, and one gram of fat has 9 calories. These are *the 3 building blocks*.

If you know how many carbohydrates, fats and proteins are in any given food, you know how many calories, or how much energy, that particular food contains. You would find that out by multiplying the number of grams by the number of calories in a gram of that food component.

# PROTEIN

Proteins are made up of amino acids, which are the basic building blocks of all proteins. Your stomach digests the proteins with hydrochloric acid that breaks them down into simpler forms that are easier to absorb in your intestines.

When proteins get absorbed into the bloodstream, they are sent to various parts of your body to perform various functions, including repairing muscle tissues, support your immune system, and transport oxygen in your red blood cells.

There is no strict number or quantity of protein you should consume per day. Some nutritionists recommend eating roughly 30 grams of protein at every meal across multiple meals. This will help you boost protein synthesis multiple times throughout the day.

Protein should not take up more than one-third of your plate at meals, whether it's drinkable or chewable. Nutritionists recommend including small amounts of protein foods at every meal to spread your intake evenly throughout the day.

And no, consuming protein won't suddenly make your muscles grow and make you look bulky! You need protein to build those lean muscles you need in order to look toned and fit.



## GREAT SOURCES OF PROTEIN:

- Lean meats
- Eggs
- Milk
- Nuts
- Beans
- Quinoa
- Soy
- Greek yogurt

# FAT

“Fat makes you fat!”

Surely, you’ve heard that once or twice now and made you turn your eyes away from anything you know contains fat. We advise you to stop believing this nonsense.

It depends on the type of fats you're eating. Fats in chips, cookies, and greasy foods can increase cholesterol and your risk for certain diseases and, of course, make you fat.

But good fats, like those found in nuts, avocados, and salmon protect your heart and support your overall health, helping you, on the contrary, lose weight and look lean. When paired with a healthy diet, the right fats can help keep you from being....fat!

In order to have a proper functioning, your body needs it. Fats help you absorb vitamins A, D, and E, which are vital for your nervous system. Of your total daily calories, 25 to 30 percent should come from fat. Of course, we are talking about good-for-you fats and not the bad kinds. According to research, unsaturated fats raise your good cholesterol, help your arteries and prevent belly fat. You can find these “good fats” in olive oil and olives, canola oil, almonds, cashews, peanuts, sesame seeds, and avocados.



Avoid at all costs foods labelled “No Fat” and “Low-Fat”!

Natural foods taste horrible when the fat has been removed from them. That is why, when the fat is removed, a whole bunch of sugar and artificial chemicals are added to make up for the lack of fat. Most low-fat foods have had the fat removed, only to be replaced with something much worse.

Vegetable oils, like soybean, corn and canola oils, are extracted from seeds using harsh processing methods. These oils are full of Trans fats, which are very toxic and associated with metabolic problems and heart disease. It is best to consume natural and healthy fats such as coconut oil and butter and extra virgin olive oil.

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# CARBOHYDRATES

Carbohydrates, unfortunately, share fat's bad reputation. You won't gain weight from eating carbohydrates unless you are taking in more than what your body can burn for daily activity. However, the type of carbs you consume can make a difference.

You can get the best from complex carbs. These complex carbs take a little longer to digest, making you feel full and satiated for a longer time. They also have a lot of nutritional vitamins, fibres and minerals.

## Great sources of carbohydrates:

- Oatmeal
- Low-fat milk
- Vegetables: broccoli, spinach and potatoes
- Fruit: bananas, berries
- Brown rice
- Yogurt

Portion control is very important, keeping track of the amount of calories you consume for a meal. Eating until full is not always the best method to determine your portion size. You can very easily use your hands to determine and control your food portions:

- Use your palm to determine your protein intake
- Use your balled fist to determine your vegetables
- Use your cupped hand to determine your carbs
- Use your thumb to determine your fat



One palm, ballet, cupped hand and thumb of each would be just right for every meal. Of course, these are only guidelines you can follow, but you can be flexible and adjust your portions depending on how you feel or the way you look. If you want to lose weight, you should reduce the amount of carbs and fat to half – half a cupped hand and half a thumb.



We propose you a **CTRL WEEK** for your diet. Together with our nutritionist we have created 5 menus as recommendation for a well-balanced diet. For the rest 2 days of the week you can choose your favourites and mix them in order to get the best in your own taste.

## DAY 1

### **BREAKFAST** - OATMEAL WITH FRUIT AND YOGURT



#### **Ingredients - 4 servings**

2 oranges  
28 oz. yogurt  
2-3 tsp. of honey  
3.5 oz. oatmeal  
3.5 oz. redcurrant  
Peppermint

#### **How to:**

Clean the oranges and slice them, preferably on a plate to avoid losing the juice.

Mix yogurt with honey and orange juice and add oatmeal, orange slices, redcurrants and peppermint.

**Calories 279 ● Carbo. 1.48 oz. ● Fat 0.63 oz. ● Protein 0.77 oz.**

### **LAUNCH** - GINGER TOMATO SOUP and SPINACH SALAD WITH SESAME CRUSTED SEARED TUNA

#### **Soup ingredients – 4 servings**

1 tablespoon neutral oil (e.g. coconut)  
1 large white onion, diced  
4 cloves of garlic, minced  
2 tablespoons + 1 teaspoon fresh ginger, diced  
3 green onions (white stems diced, reserve green tops for garnish)  
2 teaspoons paprika  
2 cans of whole tomatoes  
1 can coconut milk  
1/2 can of chickpeas, rinsed  
2 bay leaves



**Calories 130 ● Carbo 0.70 oz. ● Fat 0.35 oz. ● Protein 0.2 oz.**



### How to

Heat a large stock pot over medium heat. Combine oil and onion. Cook until the onion begins to soften (~3 minutes). Add garlic, ginger, and chopped green onions (white stems only, keep green tops for later). Cook until fragrant (3-5 minutes). Stir in paprika and cook for another 1-2 minutes, then add in both cans of tomatoes.

Using a strainer / colander, rinse the chickpeas thoroughly under cool water. Give them a shake to remove excess water. Roughly separate the chickpeas into two even batches. Add the first half to a blender. Keep the second half in the strainer, until you make the croutons.

In the blender, combine half the chickpeas and the full can of coconut milk. Blend until smooth. Pour the mixture to the stock pot. Stir well. Add the bay leaves. Stir to combine. Once the soup has reached a boil, reduce heat and bring soup to a simmer. Cover with a lid and cook for ~30 minutes.

Remove the bay leaves from the soup. Transfer into a blender and process until smooth. Depending on the size of your blender, you may need to do this in batches. Salt to taste - I use ½ teaspoon as a rough guide.

### Salad ingredients – 4 servings

1lb Ahi Tuna (or tuna of choice)  
3 tbsp. Sesame Seed Oil  
Sea Salt  
Light Sesame Seeds (approx. 1/4 cup)  
2 Tbsp. Coconut Amino  
1 Large Garlic clove, minced  
1 Tbsp. Sesame Oil  
1 Tbsp. Rice Wine Vinegar  
2 Tbsp. Fresh Squeezed Orange Juice  
Salt & Pepper to taste  
Crush Red Pepper  
Baby Spinach

### How to

Sprinkle tuna with sea salt on all sides. Mix your sesame seeds in a bowl. Take your tuna and press all sides into the sesame seed mixture until it's completely covered. In a non-stick pan, heat your sesame seed oil until just smoking. Place your tuna in the pan and sear for 1 minute on each side.

Whisk all ingredients for salad together. Season with the salt, pepper, and red pepper to your taste.

Top Spinach with sliced tuna and serve.

**Calories 377 ● Carbohydrates 0.25 oz. ● Fat 0.53 oz. ● Protein 1.87 oz.**

## **DINER - GRILLED EGGPLANT ROLLS WITH A FRESH VEGGIE STUFFING**

8 medium slices of grilled eggplant grilled

### **FRESH VEGGIE SAUCE**

2 tablespoons olive oil

20 -25 cherry tomatoes (sliced in half) squish gently to remove seeds)

1 pepper chopped

1 1/2 cups chopped mushrooms 150 grams

1 clove garlic chopped

1/2 teaspoon oregano 1/2 gram

1/2 teaspoon basil 1/2 gram

5 leaves fresh basil chopped

Pinch hot pepper flakes if desired

1/4 teaspoon salt 1 1/4 grams

1/2 cup grated gruyere or fontal cheese 50 grams

1/2 cup freshly grated Parmesan Cheese + extra for sprinkling on top 50 grams + extra



### **How to**

Before you grill the eggplant, place slices (not too thin) in a bowl and sprinkle with a little salt, let sit for 30 minutes, drain, do not rinse, then grill slices. Set aside.

Lightly oil a small to medium baking dish. Pre-heat oven to 350° (180° Celsius)

### **FRESH VEGGIE SAUCE**

In a medium saucepan add olive oil, sliced tomatoes, chopped pepper, mushrooms, garlic, oregano, basil, basil leaves, hot pepper flakes and salt, cook on low to medium heat.

**Calories 185 ● Carbohydrates 1.31 oz. ● Fat 0.18 oz. ● Protein 0.21**

## DAY 2

### **BREAKFAST - WHITE OMELETTE**

Ingredients - – 2 servings

6 albumen eggs

1 cup of fresh spinach

1 tsp. of olive oil

Salt and paper



**Calories 111 ● Carbohydrates 0.04 oz. ● Fat 0.25 oz. ● Protein 0.39 oz.**

### **LUNCH - LENTIL SOUP and SPINACH & RICOTTA CANNELLONI**

**Soup ingredients – 4 servings**

1 tablespoon olive oil

1 large brown onion, chopped

2 garlic cloves, crushed

500g potatoes, peeled, chopped

2 medium carrots, peeled,  
chopped

2 celery stalks, trimmed, chopped

2 medium tomatoes, chopped

#### **How to**

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add carrot, celery, tomato and potato. Cook, stirring, for 5 minutes.

Add stock. Season with pepper. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 5 minutes. Add lentils and then simmer for 15 to 20 minutes or until potato is tender. Set aside for 5 minutes to cool slightly.

Blend, in batches, until smooth. Serve topped with coriander or peppermint.

**Calories 194 ● Carbohydrates 1 oz. ● Fat 0.14 oz. ● Protein 0.42 oz.**

### Cannelloni ingredients

400 g spinach  
Extra-virgin olive oil  
1/4 tsp. ground nutmeg  
1 onion, diced  
2 cloves of garlic, squashed  
2 X 400 g tins of tomatoes  
1 bay leaf  
1/2 bunch of basil, leaves picked  
1/2 lemon, grated zest of  
250 g ricotta  
1 free-range egg, beaten  
2 tsp. grated parmesan  
150 g cannelloni, about 14 tubes  
2 x 125 g mozzarella balls, sliced



Put the spinach and a drizzle of olive oil in a large pan over a low heat. Add the nutmeg, season with salt and pepper, cover and leave to sweat. In the same pan, heat a drizzle of olive oil and gently sweat the onion until soft. Add the garlic, tomatoes, bay leaf, a few basil leaves and lemon zest and let it gently simmer for 20 minutes until the sauce has thickened. Season with salt and pepper.

Place the spinach on a board so you can chop it up. Return the spinach to the liquid in the bowl and get the stir in the ricotta, beaten egg and parmesan. Season to taste.

Sit the piping bag in a jug, fold its edges over the rim, and then spoon in the spinach mixture. Spread the tomato sauce over the cannelloni. Scatter over most of the basil, lay the mozzarella slices on top, and drizzle with extra-virgin olive oil and season. Place in the oven and cook for 35–40 minutes or till the top is golden and the pasta tender (if the top browns too fast, cover the dish with foil). Remove from the oven and let stand for a few minutes before serving with the remaining basil.

**Calories 488 ● Carbohydrates 0.25 oz. ● Fat 0.70 oz. ● Protein 1.05 oz.**

## **DINNER - STUFFED MUSHROOMS**

2 mini portabella mushrooms or large brown mushrooms (about 2-2.5 inches)  
2 cloves garlic finely minced  
1 cup baby spinach chopped  
2 tablespoons Italian parsley leaves chopped  
1/2 cup mozzarella cheese shredded  
1/3 cup bread crumbs  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper freshly ground  
3/4 cup tomatoes diced, 1/4-inch dice  
1 teaspoon olive oil plus more as needed  
4 basil leaves thinly sliced



### **How to**

Preheat oven to 425°F. Line a sheet pan with foil and lightly grease with olive oil or cooking spray.

Wash and dry mushrooms. Remove stems and chop into small pieces for the mushroom filling, set aside.

Place mushrooms on sheet pan stem side up, lightly drizzle with olive oil and season with some salt and pepper, set aside.

In a medium sized bowl combine garlic, parsley, spinach, parsley, cheese, breadcrumbs, salt, and pepper.

Spoon 2 tablespoons of filling into each mushroom cap, packing it in as tight as possible. Bake for 10 minutes, until mushroom is tender to tops of filling are lightly browned.

In a small bowl combine tomatoes, 1 teaspoon olive oil, basil leaves and salt and pepper to taste. Add a small amount on top of each cooked stuffed mushroom. Enjoy!

**Calories 170 ● Carbohydrates 0.6 oz. ● Fat 0.38 oz. ● Protein 0.21 oz.**



## DAY 3

### BREAKFAST - QUINOA PUDDING

Ingredients – 4 servings

1 cup of water

¾ cup of quinoa

2 cups of milk

2 bananas

2 tsp. of brown sugar

½ tsp. vanilla extract

Salt



### How to

Wash the quinoa well and in boil it in water stirring from time to time during 15-20 minutes.

Separately, mix with the blender: milk, bananas, sugar and salt until a homogeneous pasta is obtained, then mix everything with the boiled quinoa.

Boil the composition until it thickens and becomes creamy (5-10 minutes). After the fire stops, add the vanilla extract.

For a boost of flavour you can add finely cut fruits, candied fruits or seeds.

**Calories 183 ● Carbohydrates 1.31 oz. ● Fat 0.11 oz. ● Protein 0.18 oz.**

### LUNCH - AVOCADO LIME SOUP and FALAFEL

#### Soup ingredients

2 avocado

1 cucumber

1 celery

Juice from 1 fresh lime

Coriander leaves

1 tsp salt

1 tsp soy sauce

1 green onion

1 can of water

#### Raw sour cream

1 cup cashews (soaked and rinsed)

1/2 cup water

1/4 cup lemon juice

3/4 teaspoon onion powder

1/2 teaspoon sea salt



### How to

Mix all ingredients (less onion) in a blender. Stirring until they become a smooth paste. Put the cream in bowls, pour some raw sour cream and add minced onion to taste.

If you are wise and patient, soak your cashews first and then rinse them before blending. If you are impatient and have a high-speed blender, just throw dry cashews in your blender. Blend until smooth.

**Calories** 189

**Carbohydrates** 0.5 oz.

**Fat** 0.56 oz.

**Protein** 0.10 oz.

### FALAFEL – 4 servings

50z. can chickpeas, rinsed, drained and patted dry

1/3 cup chopped fresh parsley

4 cloves garlic, minced

2 shallots, minced (~ 3/4 cup, 65 g | or sub white onion)

2 Tbsp. raw sesame seeds

1 1/2 tsp. cumin, plus more to taste

1/4 tsp. each sea salt and black pepper, plus more to taste

Optional: Healthy pinch each cardamom and coriander

3-4 Tbsp. (24-31 g) all-purpose flour (or sub oat flour or gluten-free blend with varied results)

3-4 Tbsp. (45 - 60 ml) grape seed oil for cooking (or sub any neutral oil with a high smoke point)

### How to

Add chickpeas, parsley, shallot, garlic, sesame seeds, cumin, salt, pepper (and coriander and cardamom if using) to a food processor or blender and mix/pulse to combine, scraping down sides as needed until thoroughly combined.

Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. If you're in a hurry you can skip this step but they will be a little more fragile when cooking.

Once chilled, scoop out rounded Tablespoon amounts and gently form into 11-12 small discs. Heat a large skillet over medium heat and add enough oil to generously coat the pan - about 2 Tbsp. swirl to coat. Once the oil is hot, add only as many falafel as will fit very comfortably in the pan at a time - about 5.

Cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafel are browned - the deeper golden brown they are, the crispier they'll be. They will also firm up more once slightly cooled.

Serve warm with garlic-dill sauce or hummus, inside a pita with desired toppings or atop a bed of greens.

**Calories 332 ● Carbohydrates 1 oz. ● Fat 0.77oz. ● Protein 0.17 oz.**





## **DINNER** – ZUCCHINI SALAD WITH CRUMBLED FETA

Ingredients – 4 servings

3 Tbs. lemon juice  
2 tsp. grated lemon zest  
1 clove garlic, minced (about 1 tsp.)  
1/3 cup olive oil  
2 medium zucchini, peeled into thin ribbons (about 4 cups)  
1 medium sweet onion  
1/2 cup crumbled feta cheese  
2 green onions, chopped (about 1/4 cup)  
1 Tbs. chopped fresh mint  
1 Tbs. chopped fresh parsley

Whisk together lemon juice, lemon zest, and garlic in large serving bowl. Gradually whisk in oil. Season with salt and pepper. Add zucchini and onion, and toss to coat. Cover and marinate overnight, or up to 2 days. Sprinkle with feta, green onions, mint, and parsley just before serving.

**Calories 172 ● Carbohydrates 0.18 oz. ● Fat 0.56 oz. ● Protein 0.14 oz.**



## DAY 4

### BREAKFAST - QUINOA WITH FIGS AND BERRIES



#### Ingredients - 2 servings

1 cup of quinoa  
1 orange  
½ tsp. cinnamon  
½ tsp. grated ginger  
7 oz. raspberries  
7 oz. blueberries  
1 tsp. vanilla extract  
10 figs  
2 cups of water

#### How to:

Boil quinoa for 15 minutes and after that squeeze it. Before squeezing the orange, grate the orange peel.

Mix the orange juice and peel with cinnamon, ginger and vanilla extract. Over this mix are the quinoa and the cut figs.

When it is served add raspberries and blueberries. Other fruits can also be used.

Instead of quinoa, you can try the recipe with rice or couscous.

**Calories 345 ● Carbohydrates 2.75 oz. ● Fat 0.14 oz. ● Protein 0.25 oz.**

### LUNCH - GINGER CARROT SOUP and LEMONY GOAT CHEESE STUFFED ARTICHOKE

#### Soup ingredients – 4 servings

35 oz. carrots  
1 parsnip root  
2 onions, peeled  
1 piece of celery  
2 garlic cloves  
10 cm of ginger  
8.81 coconut milk  
1 tsp. coriander, ¼ tsp. cumin, salt to taste  
Parsley on taste, chopped





### How to

Add the vegetable broth, stir, and bring to a boil. Reduce heat to low-medium and simmer for 20 minutes, or until tender.

Carefully transfer this mixture into a blender (or you can use an immersion blender probably), add a pinch of coriander, cumin, salt and blend until smooth. You don't want the soup more than halfway full or it might explode through the top. Make sure to allow steam to escape through the top of the blender lid too. Add the coconut milk and stirring.

Serve and garnish with freshly parley, a drizzle of olive oil and fresh ginger, diced.

**Calories** 195 ● **Carbohydrates** 1.52 oz. ● **Fat** 0.04 oz. ● **Protein** 0.11 oz.

### Stuffed artichokes ingredients – 4 servings

2 Artichokes, about 225 g each  
1 tsp. lemon juice  
130g goat cheese  
1 tbsp. finely chopped mint  
1 tbsp. finely chopped basil  
2 tsp. lemon zest  
2 slices white bread  
2 tbsp. melted butter, divided  
1/4 tsp. salt

Line a baking sheet with foil. Trim and lightly peel stems of artichokes. Cut 1 in. off tops of artichokes using a serrated knife. Using clean kitchen scissors, cut 1/4 in. off tips of spiky leaves around artichokes. Slice each artichoke in half-length wise. Using a melon baller, scoop out the chokes. Discard any spiky inner leaves. Brush cut edges immediately with lemon juice to prevent browning.

Pour water into a large pot until it reaches 1 in. up the sides. Boil over high, then add artichokes, cut-side up. Reduce heat to medium-low. Simmer, covered, until tender, 12 to 15 min. Drain well. Preheat broiler. Mash goat cheese with mint, basil and lemon zest in a small bowl until smooth. Season with fresh pepper.

Whirl bread in a food processor until coarse crumbs form. It should measure 1/2 cup. Transfer to a small bowl. Stir in 1 tbsp. butter until crumbs are moist.

Arrange artichokes, cut-side up, on prepared sheet. Brush with remaining 1 tbsp. butter. Sprinkle with salt. Season with fresh pepper. Divide goat cheese mixture among artichokes. Sprinkle evenly with bread crumb mixture. Broil in centre of oven until tops are golden, about 1 min. Serve warm.

**Calories 261 ● Carbohydrates 0.56 oz. ● Fat 0.60 oz. ● Protein 0.50 oz.**



## DINNER - BROCCOLI SALAD

### Ingredients

5-6 cups broccoli florets 1 lb, this was about 2 1/2 heads of broccoli for me (450g)  
1 cup sharp cheddar cheese thicker, not finely shredded (115g)  
2/3 cup dried cranberries (85g)  
1/2 cup crumbled bacon (60g)  
1/2 cup salted sunflower seeds (60g)  
1/3 cup red onion diced into small pieces (50g)

### Dressing

3/4 cup mayo I use olive oil mayo (175g)  
1/4 cup sour cream (70g)  
1 1/2 Tablespoon white wine vinegar  
3 Tablespoons sugar (40g)  
1/4 teaspoon salt  
1/4 teaspoon pepper



### How to:

Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.

In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.

Pour dressing over broccoli combination and toss or stir well.

Serve. Keep refrigerated if not consuming right away.

**Calories 291**

**Carbohydrates 1 oz.**

**Fat 0.28 oz.**

**Protein 0.28 oz.**



## DAY 5

### **BREAKFAST - BAKED BANANAS**

**Ingredients** – 4 servings

2-3 bananas  
Honey or agave syrup  
Cinnamon

**How to**

Peel and cut bananas in half. Arrange banana in an oven safe dish or on tinfoil. Sprinkle with cinnamon and honey. Cover and bake for 10 to 15 minutes, depending on how soft you like them.

Calories 101 ● Carbohydrates 0.95 oz ● .Fat 0 oz. Protein ● 0.04 oz.

### **LUNCH – GAZPACHO & ROASTED ASPARAGUS PARMESAN AND TOASTED PINE NUTS**

Gazpacho is a chilled soup traditionally from Spain, a perfect way to use up end-of-summer vegetables in your garden. It is traditionally made with tomatoes, cucumbers and peppers but you can get creative and make variations. Let's try this recipe from our nutritionist.

**Ingredients – 4 servings**

4 large tomatoes, peeled  
1 medium cucumber, peeled and seeded  
1 red bell pepper  
1 garlic clove (optional)  
1 small red onion, chopped  
1 tsp red wine vinegar  
2 tsp extra virgin olive oil

**How to**

Place tomatoes, cucumber, bell pepper, garlic, salt, pepper and vinegar in the blender until smooth. Chill in refrigerator 1/2 hour. Pour into two large bowls and top with 1 tsp. olive oil in each bowl, chopped red onion, salt and pepper plus toppings (shaved parmesan or avocado if using). Serve with good crusty bread.

**Calories 111 ● Carbohydrates 0.63 oz**



## Roasted asparagus with parmesan and toasted pine nuts

### Ingredients – 4 servings

2 bunches of asparagus. I used thin. Remove the tough bottom part of the stem.

3 tablespoons of pine nuts, toasted

Zest and juice of one meter lemon or one tangerine or one small orange

Extra virgin olive oil for cooking. I used unfiltered.

Grated Parmesan cheese.

Sea salt and freshly cracked pepper

### How to

1. Preheat the oven to 375.
2. Line a large baking pan with foil and drizzle some olive oil on it.
3. Put the asparagus on the pan, sprinkle on some salt, pepper, more olive oil and the citrus zest of your choice. Toss everything to coat. Line the asparagus in a single layer on the pan and roast for about 30 minutes or until tender.
4. While the asparagus are roasting, toast the pine nuts in a nonstick pan until golden brown.
5. Once the asparagus are done, toss with the toasted pine nuts, citrus juice and Parmesan. Alternately, toss the asparagus with the citrus juice and then arrange them on a serving platter and sprinkle on the pine nuts and Parmesan. Serve and enjoy!



**Calories 286 ● Carbohydrates 0.18 oz. ● Fat 0.56 oz. ● Protein 0.14 oz.**



## **DINNER** - STUFFED EGGPLANT

**Ingredients** - 4 servings

3 eggplants

Salt

Pepper

2 onions

4 cloves of garlic

1 6oz. tomatoes

3 tsp. parsley, chopped

2 tbsp. olive oil

### **How to**

Eggplants are cut in half and fried, about 10-15 minutes, on both sides. When done, put on a paper towel to absorb excess oil.

Heat remaining 1 tablespoon oil in a small skillet over medium-high. Add onion to skillet; cook, stirring occasionally, until tender, 5 to 6 minutes. Add garlic and salt to skillet; cook, stirring constantly, 1 minute.

Add onion mixture and chopped tomato to eggplant pulp.

Place eggplant shells in dish and add 150 ml of hot water.

Bake eggplants in preheated oven during 35 to 40 minutes. Top eggplants with parsley leaves.



**Calories 340 ● Carbohydrates 0.80 oz ● .Fat 0.98oz. ● Protein 0.14 oz.**

# TIPS FOR BETTER SLEEP

*"Sleep is the best meditation"*

*Dalai Lama*

## 1. Power Down

The soft blue glow from a cell phone, tablet, or digital clock on your bedside table may hurt your sleep.

**Tip:** Turn off TVs, computers, and other blue-light sources an hour before you go to bed. Cover any displays you can't shut off.

## 2. Nix Naps

You'll rest better at night. But if you have to snooze while the sun's up, keep it to 20 minutes or less. Nap in the early part of the day.

**Tip:** Overcome an afternoon energy slump with a short walk, a glass of ice water, or a phone call with a friend.

## 3. Block Your Clock

Do you glance at it several times a night? That can make your mind race with thoughts about the day to come, which can keep you awake.

**Tip:** Put your alarm clock in a drawer, under your bed, or turn it away from view.

## 4. Try a Leg Pillow for Back Pain

Your lower back may not hurt enough to wake you up, but mild pain can disturb the deep, restful stages of sleep. Put a pillow between your legs to align your hips better and stress your lower back less.

**Tip:** Do you sleep on your back? Tuck a pillow under your knees to ease pain.

## 5. Put Your Neck in 'Neutral'

Blame your pillow if you wake up tired with a stiff neck. It should be just the right size -- not too fat and not too flat -- to support the natural curve of your neck when you're resting on your back. Do you sleep on your side? Line your nose up with the center of your body. Don't snooze on your stomach. It twists your neck.

**Tip:** Use good posture before bed, too. Don't crane your neck to watch TV.

## 6. Seal Your Mattress

Sneezes, sniffles, and itchiness from allergies can lead to lousy shut-eye. Your mattress may hold the cause. Over time, it can fill with mold, dust mite droppings, and other allergy triggers. Seal your mattress, box springs, and pillows to avoid them.

**Tip:** Air-tight, plastic, dust-proof covers work best.

## **7. Save Your Bed for Sleep and Sex**

Your bedroom should feel relaxing. Don't sit in bed and work, surf the Internet, or watch TV.

**Tip:** The best sleep temperature for most people is between 68 and 72 degrees.

## **8. Set Your Body Clock**

Go to sleep and wake up at roughly the same time every day, even on weekends. This routine will get your brain and body used to being on a healthy snooze-wake schedule. In time, you'll be able to nod off quickly and rest soundly through the night.

**Tip:** Get out in bright light for 5 to 30 minutes as soon as you get out of bed. Light tells your body to get going!

## **9. Look for Hidden Caffeine**

Coffee in the morning is fine for most people. But as soon as the clock strikes noon, avoid caffeine in foods and drinks. Even small amounts found in chocolate can affect your ZZZs later that night.

**Tip:** Read labels. Some pain relievers and weight loss pills contain caffeine.

## **10. Work Out Wisely**

Regular exercise helps you sleep better -- as long as you don't get it in too close to bedtime. A post-workout burst of energy can keep you awake. Aim to finish any vigorous exercise 3 to 4 hours before you head to bed.

**Tip:** Gentle mind-body exercises, like yoga or tai chi, are great to do just before you hit the sack.

## **11. Eat Right at Night**

Don't eat heavy foods and big meals too late. They overload your digestive system, which affects how well you sleep. Have a light evening snack of cereal with milk or crackers and cheese instead.

**Tip:** Finish eating at least an hour before bed.

## **12. Rethink Your Drink**

Alcohol can make you sleepy at bedtime, but beware. After its initial effects wear off, it will make you wake up more often overnight.

**Tip:** Warm milk and chamomile tea are better choices.

## **13. Watch What Time You Sip**

Want to lower your odds of needing night-time trips to the bathroom? Don't drink anything in the last 2 hours before bed. If you have to get up at night, it can be hard to get back to sleep quickly.

**Tip:** Keep a nightlight in the bathroom to minimize bright light.

## **14. Lower the Lights**

Dim them around your home 2 to 3 hours before bedtime. Lower light levels signal your brain to make melatonin, the hormone that brings on sleep.

**Tip:** Use a 15-watt bulb if you read in the last hour before bed.

### 15. Hush Noise

Faucet drips, nearby traffic, or a loud dog can chip away at your sleep. And if you're a parent, you might be all too aware of noises at night long after your children have outgrown their cribs.

**Tip:** Use a fan, an air conditioner, or a white noise app or machine. You can also try ear plugs.

### 16. Turn down Tobacco

Nicotine is a stimulant, just like caffeine. Tobacco can keep you from falling asleep and make insomnia worse.

**Tip:** Many people try several times before they kick the habit. Ask your doctor for help.

### 17. Beds Are for People

A cat's or a dog's night moves can cut your sleep short. They can also bring allergy triggers like fleas, fur, dander, and pollen into your bed.

**Tip:** Ask your vet or animal trainer how you can teach your pet to snooze happily in its own bed.

### 18. Free Your Mind

Put aside any work, touchy discussions, or complicated decisions 2 to 3 hours before bed. It takes time to turn off the "noise" of the day. If you've still got a lot on your mind, jot it down and let go for the night. Then, about an hour before you hit the sack, read something calming, meditate, listen to quiet music, or take a warm bath.

**Tip:** Even 10 minutes of relaxation makes a difference.

### 19. Use Caution with Sleeping Pills

Some sleep medicines can become habit-forming, and they may have side effects. Ideally, pills should be a short-term solution while you make lifestyle changes for better Zzzz's. Ask your doctor what's OK.

### 20. Know When to See Your Doctor

Let her know if your sleeplessness lasts for a month or more. She can check to see if a health condition -- such as acid reflux, arthritis, asthma, or depression -- or a medicine you take is part of the problem.



## THANK YOU!

Ctrl Sports Team

KEEP YOUR LIFE UNDER **CTRL!**