



Recipes for
Heart Health

Savoury Spinach, Mushroom & Feta Breakfast Eggs



Why it works: Eggs provide protein and choline, vegetables add potassium and antioxidants, and feta offers flavour without needing much salt.



Serves 2



10 mins

INGREDIENTS

- 4 eggs
- 1 tbsp olive / coconut oil
- 1 small onion, finely sliced
- 150 g mushrooms, sliced
- Large handful spinach
- 40 g feta cheese, crumbled
- Black pepper and dried oregano

DIRECTIONS

- Heat oil in a frying pan over a medium heat.
- Cook onion and mushrooms for 5–6 minutes until soft and golden.
- Add spinach and let it wilt.
- Whisk eggs, season with pepper, pour into the pan and cook gently.
- Sprinkle with feta and oregano before serving.

Serve with:

A slice of toast of your choice, if desired.

Creamy Greek Yoghurt, Berry & Walnut Pot



Why it works: Walnuts support healthy cholesterol, berries provide polyphenols, and yoghurt adds protein for blood sugar balance.



Serves 1



5 mins

INGREDIENTS

- 170 g full-fat Greek yoghurt
- Small handful frozen or fresh berries
- 1 tbsp chopped walnuts
- 1 tsp ground flaxseed
- Cinnamon to taste

DIRECTIONS

- Layer everything into a bowl or jar and stir gently.

Optional twist:

- Add a spoon of rolled oats if this is a more active morning.

Herby Baked Salmon with New Potatoes & Greens



Why it works: Rich in omega-3 fats, potassium and fibre, without being heavy or expensive.



Serves 2



45 mins

INGREDIENTS

- 2 salmon fillets
- 1 tbsp olive oil
- Lemon zest and juice
- Fresh parsley or dill
- 400 g new potatoes
- Green beans or broccoli
- Or veg of choice

DIRECTIONS

- Heat oven to 190°C.
- Toss potatoes in olive oil and roast for 30 minutes.
- Add salmon to the tray, drizzle with lemon and herbs, and bake for a further 12–15 minutes.
- Steam or boil greens and serve alongside.

Budget tip:

- Frozen salmon fillets work perfectly here.

Lentil, Tomato & Vegetable One-Pot



Why it works: Lentils are rich in soluble fibre for cholesterol support and help stabilise blood sugar.



Serves 3-4 ⌚ 25 mins

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 1 tin green or brown lentils, rinsed
- 1 tin chopped tomatoes
- 1 tsp smoked paprika
- 1 tsp dried thyme
- Spinach or kale

DIRECTIONS

- Cook onion and carrots in olive oil for 8 minutes.
- Add lentils, tomatoes and herbs. Simmer for 15 minutes.
- Stir in greens until wilted.

Serve with:

- A spoon of Greek yoghurt or a sprinkle of seeds for extra satisfaction.

Hummus, Oatcake & Veg Snack Plate



Why it works: Oats support cholesterol, chickpeas stabilise blood sugar, and vegetables add fibre and potassium.



Serves 4



15 mins

INGREDIENTS

- 1 tin chickpeas (400 g), drained and rinsed
- 1–2 tbsp chickpea liquid (aquafaba) or cold water
- 2 tbsp tahini
- 1 small clove garlic
- 2–3 tbsp extra virgin olive oil
- Juice of ½ lemon
- ½ tsp ground cumin
- ¼ tsp sea salt (or to taste)
- Black pepper

Optional upgrade:

- Sprinkle hummus with olive oil and smoked paprika or seeds.

DIRECTIONS

- If you have time, rub the chickpeas between your hands under running water to remove some of the skins. This makes the hummus noticeably smoother.
- Add chickpeas, tahini, garlic, lemon juice, cumin and salt to a food processor.
- Blend until thick, then add olive oil and 1 tbsp of aquafaba or water.
- Blend again, adding a little more liquid until you reach a creamy texture.
- Taste and adjust seasoning.

To serve

- Spoon into a bowl, swirl the top with the back of a spoon and drizzle with a little olive oil. Finish with black pepper.
- Chop vegetable crudites and dip



I AM ME

The Change You Want Starts With The Choice You Make Today.

Take control of your health with personalised coaching that supports your goals, lifestyle, and wellbeing.

This journey is about more than losing weight — it's about rebuilding your relationship with food, your body, and yourself.

If you're tired of weight fluctuations, emotional eating, and feeling disconnected from your confidence, you are not alone. Life changes, hormonal shifts, stress, and fluctuating energy levels can make health goals feel more challenging — but lasting change is possible.

Personalised Coaching for Real Life

My coaching is supportive, practical, and designed for your lifestyle. No extreme diets. No quick fixes. Just a balanced approach focused on:

- **Sustainable habits** that fit into your daily routine
- **Nourishment** that fuels energy, recovery, and performance
- **Movement** that builds strength and confidence
- **Emotional wellbeing** that helps you feel empowered in your own body

Nutrition: The Foundation of Change

With qualifications in nutrition and advanced sports nutrition, I bring a deeper understanding of how food, movement, and lifestyle work together to support lasting health.

- **Evidence-based nutrition principles:** Learn how to fuel your body without restrictive diets.
- **Balanced eating strategies:** Support hormonal health, energy levels, and long-term vitality.
- **Performance nutrition:** Optimise strength, recovery, and conditioning through smart food choices.
- **Sustainable results:** Build habits that last, without extremes or short-term fixes.



Coaching Options

- In-person coaching at 99 Lenchen Ave, Centurion
- Online coaching and at-home training available
- Buddy sessions at reduced rates



Sessions from R350 per hour.
No contracts. Month-to-month flexibility.
Packages available.

IAMME Winter Special | July–September 2026

- **Individual Training**
 - 2x weekly: R2 520 • 3x weekly: R3 570
- **Buddy Training** (per person)
 - 2x weekly: R1 980 • 3x weekly: R2 805



Winter doesn't have to slow your progress. Stay consistent, build strength, and keep moving towards a healthier, more confident you.



Book Your FREE Consultation Today – In-Person or Online



Ready to Feel Like Yourself Again?

Your transformation doesn't start with perfection — it starts with one decision to prioritise yourself. I'll walk beside you every step of the journey.