



Persea Health

HEALTHY LIVING RECIPES

DIABETES TYPE II & OTHER METABOLIC SYNDROME DISORDERS

"Embrace the nourishment of a healthy diet and the vitality of an active lifestyle - for in these choices, we unlock the gateway to a life enriched with energy, well-being, and the freedom to thrive." Persea Health



INTRODUCTION

Welcome to “Healthy Living Recipes - Diabetes Type II and Other Metabolic Syndrome Disorders,” a treasure trove of culinary delights meticulously crafted to support your journey towards a healthier life. Here at Persea Health, we are staunch advocates for proactive health education, empowering individuals to grasp the complexities of their bodies and the various metabolic syndrome disorders that are increasingly impacting lives worldwide.

Understanding Metabolic Syndrome Disorders

Metabolic syndrome is a cluster of conditions including high blood pressure, high blood sugar levels, excess body fat around the waist, and abnormal cholesterol levels, which together increase your risk of heart disease, stroke, and type 2 diabetes. These disorders are pervasive, affecting millions globally, and necessitate a dedicated approach towards prevention and management.

Persea Health: Your Partner in Health and Wellness

At Persea Health, we are committed to enriching lives through health education, encouraging early understanding of these conditions to ensure a longer, healthier, and more fulfilling life. Healthspan, the period of one’s life spent in good health, free from chronic diseases and disabilities, is a concept we hold dear. We believe in maximizing healthspan, ensuring that your years are lived with vitality.

Persea’s Commitment to Your Health

Persea Health stands at the forefront of health and wellness, with an array of products and educational programs designed to guide you towards a healthier lifestyle. With our transition from “Supporting your health, Naturally” to “At Persea, We help you get healthy,” we underscore our commitment not just to provide exemplary products but also to offer comprehensive educational resources. From gardening for better health to understanding medical conditions, and adopting diets and lifestyles conducive to wellness, we are here to support your health journey.

Crafting Your Culinary Health Journey

As your “healthy chefs,” we present this collection of recipes not just as a guide to exquisite dishes, but as an invitation to look deeper into the world of healthy eating. Understand the ‘why’ behind each ingredient, explore substitutions based on what’s available to you, and embrace the art of crafting meals that nourish both body and soul.

A Note of Gratitude

We extend our heartfelt thanks to our cherished customers, whose unwavering support has enabled the creation of this educational masterpiece. Your commitment to health and wellness fuels our mission, helping us transform lives every day.

At Persea, we are more than just a brand; we are your partners in health, dedicated to helping you navigate the journey to wellbeing. Together, we help you get healthy.

Our Warmest Regards,

Persea Health Team



BERRY WALNUT SALAD RECIPE

Ingredients:

- 4 cups mixed greens (e.g., lettuce, arugula, baby spinach)
- 1 cup strawberries, sliced
- 1 cup blueberries
- 1/2 cup chopped walnuts
- 1/4 cup crumbled feta cheese

For the Dressing:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- Salt and pepper to taste

Instructions:

1. Prepare the Greens: Wash and dry the mixed greens thoroughly. You can use a salad spinner to remove excess water. Place the greens in a large salad bowl.
2. Add the Berries: Wash the strawberries and blueberries under cold water. Slice the strawberries and add both berries to the salad bowl.
3. Toast the Walnuts: In a dry skillet over medium heat, toast the chopped walnuts for about 3-4 minutes until they become fragrant and slightly golden. Be sure to toss them frequently to prevent burning. Remove from heat and let them cool.
4. Assemble the Salad: Sprinkle the toasted walnuts over the mixed greens and berries in the salad bowl.
5. Add the Cheese: Crumble the feta cheese over the salad ingredients.
6. Prepare the Dressing: In a small bowl, whisk together the extra-virgin olive oil, balsamic vinegar, honey, salt, and pepper. Adjust the seasonings to taste.

7. Dress the Salad: Drizzle the dressing over the salad. Start with a little dressing and add more as needed. Toss the salad gently to coat all the ingredients with the dressing.

8. Serve: Divide the salad among serving plates or bowls. You can serve it as a side dish or add some grilled chicken or protein of your choice to make it a complete meal.

Benefits:

This Berry Walnut Salad is not only delicious but also packed with health benefits:

- Antioxidants: Berries are rich in antioxidants, which help fight oxidative stress and inflammation in the body.
- Fibre: The mixed greens and berries provide dietary fiber, which aids digestion and helps regulate blood sugar levels.
- Healthy Fats: Walnuts contain heart-healthy omega-3 fatty acids, which contribute to cardiovascular health.

Enjoy your Berry Walnut Salad as a refreshing and nutritious addition to your meals!



MEDITERRANEAN CHICKPEA SALAD RECIPE

Ingredients:

- 2 cups cooked chickpeas (canned or cooked from dry)
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 1/2 cup Kalamata olives, pitted and sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped

For the Dressing:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. Prepare the Chickpeas: If using canned chickpeas, drain and rinse them under cold water. If using dried chickpeas, make sure they are cooked and cooled before using.
2. Chop the Veggies: Dice the cucumber, halve the cherry tomatoes, finely chop the red onion, and slice the Kalamata olives.
3. Combine Ingredients: In a large salad bowl, combine the cooked chickpeas, diced cucumber, halved cherry tomatoes, chopped red onion, sliced olives, and crumbled feta cheese.
4. Add Fresh Parsley: Add the chopped fresh parsley to the salad mixture. This adds a burst of fresh flavor.

5. Prepare the Dressing: In a small bowl, whisk together the extra-virgin olive oil, red wine vinegar, dried oregano, salt, and pepper. Taste and adjust seasonings as needed.

6. Toss the Salad: Drizzle the dressing over the salad ingredients. Gently toss the salad to ensure all the ingredients are well coated with the dressing.

7. Chill and Serve: Refrigerate the salad for about 30 minutes to allow the flavors to meld. Before serving, give it a final toss to redistribute the dressing.

Benefits:

This Mediterranean Chickpea Salad offers a host of health benefits:

- Plant-Based Protein: Chickpeas are a fantastic source of plant-based protein, which is essential for muscle health and overall well-being.
- Fibre: The chickpeas and vegetables provide dietary fiber, aiding digestion and promoting a feeling of fullness.
- Monounsaturated Fats: The extra-virgin olive oil and olives supply heart-healthy monounsaturated fats, which contribute to cardiovascular health.

Enjoy this Mediterranean Chickpea Salad as a satisfying and nutritious meal on its own or as a delightful side dish!



SPINACH AND QUINOA SALAD RECIPE

Ingredients:

- 2 cups baby spinach leaves
- 1 cup cooked quinoa, cooled
- 1/2 cup slivered almonds
- 1/4 cup dried cranberries

For the Dressing:

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions:

1. Prepare the Ingredients: If you haven't already, cook the quinoa according to the package instructions and let it cool. Wash and dry the baby spinach leaves.
2. Toast the Almonds: In a dry skillet over medium heat, toast the slivered almonds until they're golden and fragrant. Stir frequently to prevent burning. Remove from heat and let them cool.
3. Assemble the Salad: In a large bowl, combine the baby spinach leaves, cooked quinoa, toasted almonds, and dried cranberries.
4. Prepare the Dressing: In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper. Adjust the seasonings to your taste.
5. Toss and Serve: Drizzle the dressing over the salad ingredients. Gently toss everything together to ensure the dressing is evenly distributed.

6. Benefits: This Spinach and Quinoa Salad offers several health benefits:

- Iron: Spinach is a good source of iron, which supports energy production and oxygen transport in the body.
- Protein: Quinoa is a complete protein source, containing all essential amino acids required for muscle repair and overall health.
- Vitamin C: The spinach and lemon juice provide vitamin C, which aids in immune function and enhances iron absorption.

7. Serve: Divide the salad into serving plates and enjoy it as a nourishing meal or a side dish.

Tip: Feel free to customize this salad by adding your favorite vegetables or proteins to make it even more satisfying and delicious!



ASIAN SESAME SALAD RECIPE

Ingredients:

- 4 cups Napa or any cabbage, thinly sliced
- 2 carrots, julienned
- 1 red bell pepper, thinly sliced
- 1 cup edamame, shelled and cooked
- 2 tablespoons sesame seeds

For the Dressing:

- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon honey or maple syrup
- 1 teaspoon grated fresh ginger
- 1 clove garlic, minced
- Optional: red pepper flakes for a hint of heat

Instructions:

1. Prepare the Veggies: Thinly slice the Napa cabbage, julienne the carrots, and thinly slice the red bell pepper. Cook and shell the edamame if they're not already cooked.
2. Assemble the Salad: In a large bowl, combine the Napa cabbage, julienned carrots, sliced red bell pepper, cooked edamame, and sesame seeds.
3. Prepare the Dressing: In a separate bowl, whisk together the soy sauce, rice vinegar, sesame oil, honey or maple syrup, grated ginger, minced garlic, and red pepper flakes if using.
4. Toss and Coat: Drizzle the dressing over the salad ingredients. Toss everything together to ensure the dressing coats the veggies evenly.

5. Benefits: This Asian Sesame Salad provides numerous health benefits:

- Fiber: Napa cabbage, carrots, and edamame are all excellent sources of dietary fiber, promoting healthy digestion and satiety.
- Vitamins and Minerals: The colorful veggies contribute vitamins A and C, along with minerals like potassium, supporting bone health and overall well-being.

6. Serve: Plate the salad and sprinkle extra sesame seeds on top for added crunch and flavor. Enjoy it as a refreshing and nutrient-rich meal or side dish.

Tip: Feel free to add protein to this salad, such as grilled chicken, tofu, or shrimp, for a well-rounded and satisfying meal.



GRILLED SALMON WITH ROASTED VEGETABLES RECIPE

Ingredients:

- 2 salmon fillets (150 g each), skin-on
- 2 cups broccoli florets
- 2 medium carrots, peeled and sliced into sticks
- 1 red bell pepper, sliced
- Olive oil
- Salt and pepper
- Lemon wedges (for serving)

For the Marinade:

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried herbs (such as thyme, rosemary, or dill)
- Salt and pepper to taste

Instructions:

1. Marinate the Salmon: In a bowl, whisk together the olive oil, lemon juice, minced garlic, dried herbs, salt, and pepper. Place the salmon fillets in a shallow dish and pour the marinade over them. Cover and refrigerate for about 20-30 minutes.

2. Preheat the Oven: Preheat the oven to 400°F (200°C).

3. Prepare the Vegetables: On a baking sheet, spread out the broccoli florets, carrot sticks, and sliced red bell pepper. Drizzle with olive oil and season with salt and pepper. Toss to coat the vegetables evenly.

4. Roast the Vegetables: Place the baking sheet in the preheated oven and roast the vegetables for about 20-25 minutes, or until they are tender and slightly caramelized.

5. **Grill the Salmon:** While the vegetables are roasting, preheat a grill or grill pan over medium-high heat. Remove the salmon fillets from the marinade and place them on the grill, skin-side down. Grill for about 4-5 minutes on each side, or until the salmon is cooked through and flakes easily with a fork.

6. **Benefits:**

This Grilled Salmon with Roasted Vegetables provides an array of health benefits:

- **Omega-3 Fatty Acids:** Salmon is rich in omega-3 fatty acids, which are essential for heart and brain health.
- **Lean Protein:** Salmon is a great source of lean protein, promoting muscle growth and repair.
- **Vitamins:** The roasted vegetables, especially bell peppers and carrots, provide vitamins A and C for immune support and skin health.

7. **Serve:** Plate the grilled salmon fillets alongside the roasted vegetables. Squeeze fresh lemon juice over the salmon before serving for an extra burst of flavor.

Tip: Feel free to customize the roasted vegetable selection based on your preferences. Enjoy this balanced and flavorful meal that's perfect for heart-healthy and nourishing dining.



VEGGIE-STUFFED BELL PEPPERS RECIPE

Ingredients:

- 4 large bell peppers (any color)
- 1 cup cooked quinoa
- 1 cup canned black beans, drained and rinsed
- 1 cup diced tomatoes (canned or fresh)
- 1 teaspoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- 1/2 cup shredded cheese (cheddar, mozzarella, or your choice)
- Chopped fresh cilantro or parsley (for garnish)

Instructions:

1. Prepare the Bell Peppers: Cut off the tops of the bell peppers and remove the seeds and membranes. Rinse them inside and out.
2. Sauté the Onion and Garlic: In a skillet, heat the olive oil over medium heat. Add the diced onion and cook until translucent. Add the minced garlic and cook for another 30 seconds.
3. Add the Quinoa and Spices: Stir in the cooked quinoa, black beans, diced tomatoes, ground cumin, chili powder, salt, and pepper. Cook for a few minutes until the mixture is heated through and well combined.
4. Stuff the Bell Peppers: Preheat the oven to 375°F (190°C). Place the bell peppers in a baking dish. Fill each pepper with the quinoa and black bean mixture, pressing down gently to pack it in.
5. Bake: Cover the baking dish with aluminum foil and bake in the preheated oven for about 25-30 minutes, or until the bell peppers are tender.

6. Add Cheese: Remove the foil and sprinkle shredded cheese on top of each stuffed pepper. Return the baking dish to the oven and bake for an additional 5-7 minutes, or until the cheese is melted and bubbly.

7. **Benefits** : These Veggie-Stuffed Bell Peppers offer several health benefits:

- Fiber: Quinoa and black beans provide dietary fiber, aiding digestion and helping manage blood sugar levels.
- Antioxidants: Bell peppers and tomatoes are rich in antioxidants, which contribute to overall health.
- Plant-Based Protein: Black beans are a great source of plant-based protein, helping you stay full and satisfied.

8. Serve: Remove the stuffed bell peppers from the oven and let them cool slightly before serving. Garnish with chopped cilantro or parsley.

Tip: You can customize the stuffing by adding other veggies, herbs, or even a dash of hot sauce for extra flavor. Enjoy these wholesome and flavorful stuffed bell peppers as a satisfying meal!



TURKEY AND SWEET POTATO SKILLET RECIPE

Ingredients:

- 1 pound ground turkey
- 2 medium sweet potatoes, peeled and diced
- 2 cups fresh spinach leaves
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Chopped fresh parsley (for garnish)

Instructions:

1. **Brown the Ground Turkey:** In a large skillet, heat the olive oil over medium heat. Add the ground turkey and cook until browned, breaking it apart with a spatula as it cooks. Remove the turkey from the skillet and set it aside.
2. **Cook the Sweet Potatoes:** In the same skillet, add the diced sweet potatoes. Cook for about 8-10 minutes, stirring occasionally, until the sweet potatoes are tender and slightly caramelized.
3. **Add the Onion and Garlic:** Push the sweet potatoes to the side of the skillet and add the diced onion. Cook for about 2-3 minutes until the onion is translucent. Add the minced garlic and cook for another 30 seconds.
4. **Combine the Ingredients:** Mix the cooked ground turkey back into the skillet with the sweet potatoes, onion, and garlic.
5. **Season and Add Spinach:** Sprinkle the ground cumin, paprika, salt, and pepper over the skillet mixture. Add the fresh spinach leaves and stir until the spinach wilts and is well incorporated.

6. **Benefits** : This Turkey and Sweet Potato Skillet provides numerous health benefits:

- **Lean Protein:** Ground turkey is a lean source of protein, essential for muscle health and repair.
- **Complex Carbs:** Sweet potatoes offer complex carbohydrates for sustained energy.
- **Vitamins:** Spinach and sweet potatoes provide vitamins A and C for immune function and overall well-being.

7. **Serve:** Plate the Turkey and Sweet Potato Skillet and garnish with chopped fresh parsley for added flavor and color.

Tip: Feel free to customize this skillet by adding your favorite herbs, spices, or vegetables. Enjoy this hearty and nutrient-packed meal as a satisfying dinner option!

Remember to adjust the seasoning and ingredients based on your personal preferences and dietary needs.



LENTIL CURRY WITH CAULIFLOWER RICE RECIPE

Ingredients:

For the Lentil Curry:

- 1 cup red lentils, rinsed and drained
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 2 tomatoes, diced
- 1 can (14 oz) coconut milk
- 2 cups vegetable broth or water
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Salt and pepper to taste
- 2 tablespoons olive oil
- Fresh cilantro (for garnish)

For the Cauliflower Rice:

- 1 medium cauliflower, riced (using a food processor or grater)
- Salt and pepper to taste

Instructions:

1. Prepare the Lentil Curry:

- In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook until it's soft and translucent.
- Add the minced garlic and grated ginger. Cook for another 1-2 minutes until fragrant.
- Stir in the curry powder, ground turmeric, ground cumin, ground coriander, and cayenne pepper. Cook for about 1 minute to toast the spices.
- Add the diced tomatoes and cook until they soften and release their juices.

- Add the rinsed red lentils, coconut milk, and vegetable broth or water. Season with salt and pepper. Bring to a simmer, then cover and let it cook for about 20-25 minutes, or until the lentils are tender and the curry has thickened.

2. Prepare the Cauliflower Rice:

- While the lentil curry is simmering, prepare the cauliflower rice. Rice the cauliflower using a food processor or grater. You can sauté the cauliflower rice in a separate pan with a bit of oil for a few minutes, or steam it until it's tender. Season with salt and pepper.

3. Benefits :

- Plant-Based Protein:

Red lentils provide plant-based protein, essential for muscle health and overall well-being.

- Fiber: Lentils and cauliflower rice offer dietary fiber, aiding digestion and promoting a feeling of fullness.

- Anti-Inflammatory Properties: The spices used in the curry, such as turmeric and cumin, have anti-inflammatory properties.

4. Serve: Plate the lentil curry over a bed of cauliflower rice. Garnish with fresh cilantro leaves for added freshness and flavor.

Tip: Customize the level of spiciness by adjusting the amount of cayenne pepper. Enjoy this comforting and nutritious Lentil Curry with Cauliflower Rice as a satisfying meal that's rich in flavors and benefits!



HEALTHY VEGGIE & TOFU STIR FRY

Ingredients:

- 1 block (400 gram) firm tofu, pressed and cubed
- 2 tablespoons Persea's Wellness PhytoCider Oxymel
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon sesame oil
- 1 medium carrot, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 cup broccoli florets
- 1 cup snap peas, trimmed
- 1 zucchini, thinly sliced
- 2 cloves garlic, minced
- 1-inch piece of fresh ginger, grated
- 1 tablespoon Persea's Alliums & Herbs Seasoning Salt
- 1 tablespoon olive oil or any other healthy cooking oil
- Brown rice or cauliflower rice for serving

Instructions:

1. In a small bowl, mix together the PhytoCider Oxymel, low-sodium soy sauce, and sesame oil. Set aside.
2. Heat a large wok or skillet over medium-high heat and add the olive oil.
3. Add the tofu cubes and stir-fry until golden brown on all sides. Remove from the wok and set aside.
4. In the same wok, add the garlic and ginger, stirring quickly to prevent burning.
5. Add the carrots, bell pepper, broccoli, snap peas, and zucchini. Stir-fry for 5-7 minutes until the vegetables are tender-crisp.
6. Return the tofu to the wok and add the PhytoCider mixture.
7. Sprinkle the Alliums & Herbs Seasoning Salt over the ingredients and toss everything together until well combined and heated through.
8. Serve over brown rice or cauliflower rice.



Stir Fry Recipes

Persea's Wellness PhytoCider Oxymel & Alliums & Herbs Seasoning Salt Benefits:

PhytoCider Oxymel: This product is dense in nutrients with extracts from various beneficial herbs. Nettle may help in controlling blood sugar levels, Tulsi is known for its anti-inflammatory and antioxidant properties, Ashwagandha may help in reducing stress and anxiety, and elderflower has diuretic and anti-inflammatory properties. The Cape Wildflower honey acts as a natural sweetener and has various health benefits, including anti-inflammatory and antioxidant properties.

Alliums & Herbs Seasoning Salt: The blend of alliums and selected culinary herbs adds not just flavor but also potential health benefits. Alliums like garlic and onions have been shown to have cardiovascular benefits, help in lowering blood pressure, and possess anti-inflammatory and antioxidant properties. The herbs can aid digestion and provide additional nutrients.

For someone with metabolic syndrome disorders, such as Type 2 Diabetes, hypertension, high cholesterol, and obesity, this recipe provides a balanced meal with high fiber from the vegetables, protein from the tofu, and healthy fats from the olive oil and sesame oil. The PhytoCider Oxymel adds an additional layer of nutrients and potential health benefits, and the Alliums & Herbs Seasoning Salt enhances the flavor without the need for additional salt, helping to manage blood pressure. As always, portion control is key, and this meal should be a part of a balanced diet and healthy lifestyle.



QUINOA AND CHICKEN STIR FRY

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water (for cooking quinoa)
- 1 boneless, skinless chicken breast, cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 bell pepper, thinly sliced
- 1 cup snap peas, trimmed
- 1 carrot, julienned
- 2 green onions, sliced
- 3 cloves garlic, minced
- 1 inch fresh ginger, grated
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- Optional: sesame seeds and chopped fresh cilantro for garnish

Instructions:

1. In a medium-sized pot, bring 2 cups of water to a boil. Add the quinoa, reduce heat to low, cover, and cook for 15 minutes or until quinoa is cooked and water is absorbed. Fluff with a fork and set aside.
2. In a large skillet or wok, heat the olive oil over medium-high heat. Add the chicken pieces and stir-fry until fully cooked and golden brown. Remove chicken from the skillet and set aside.
3. In the same skillet, add a bit more olive oil if needed. Add the bell pepper, snap peas, carrot, green onions, garlic, and ginger. Stir-fry for 2-3 minutes until vegetables are just tender but still crisp.
4. Add the cooked chicken and quinoa back into the skillet.
5. In a small bowl, mix together the low-sodium soy sauce and PhytoCider Oxymel. Pour this mixture over the stir-fry.
6. Sprinkle the Alliums & Herbs Seasoning Salt over the stir-fry and toss everything together until well combined.

7. Cook for an additional 1-2 minutes, just until everything is heated through.

8. Serve hot, garnished with sesame seeds and fresh cilantro if desired.

Health Benefits for Metabolic Syndrome Disorders:

- The use of olive oil, a source of monounsaturated fats, is beneficial for heart health.
- Quinoa provides a complete protein source and is high in fiber, aiding in blood sugar control and weight management.
- Vegetables add essential vitamins, minerals, and fiber to the dish.
- The PhytoCider OxyMel provides additional anti-inflammatory and antioxidant properties, potentially aiding in the management of metabolic syndrome disorders.
- The Alliums & Herbs Seasoning Salt enhances flavor without the need for additional salt, supporting blood pressure management.

This stir-fry recipe combines lean protein, whole grains, and a variety of vegetables for a balanced and nutritious meal. The addition of Persea's Wellness PhytoCider OxyMel and Alliums & Herbs Seasoning Salt adds both flavor and potential health benefits, making it a great option for individuals managing diabetes type 2, hypertension, high cholesterol, and weight. Remember to consult with a healthcare professional before starting any new supplement or major dietary change.



TURMERIC SPICED SHRIMP AND VEGETABLE STIR FRY

Ingredients:

- 1 pound (450g) shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 cup snap peas, trimmed
- 1 medium carrot, julienned
- 1 zucchini, thinly sliced
- 3 cloves garlic, minced
- 1 inch fresh ginger, grated
- 1 teaspoon turmeric powder
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- Optional: sesame seeds and chopped fresh cilantro for garnish

Instructions:

1. Heat olive oil in a large skillet or wok over medium-high heat.
2. Add shrimp to the skillet and cook until pink on both sides, about 2-3 minutes per side. Remove shrimp from skillet and set aside.
3. In the same skillet, add a bit more olive oil if needed. Add the bell peppers, snap peas, carrot, zucchini, garlic, and ginger. Stir-fry for 3-5 minutes, until vegetables are tender-crisp.
4. Sprinkle turmeric powder over the vegetables and toss to combine.
5. Add the cooked shrimp back into the skillet.
6. In a small bowl, mix together the low-sodium soy sauce and PhytoCider Oxymel. Pour this mixture over the stir-fry.
7. Sprinkle the Alliums & Herbs Seasoning Salt over the stir-fry and toss everything together until well combined and heated through.
8. Serve hot, garnished with sesame seeds and fresh cilantro if desired.

Health Benefits for Metabolic Syndrome Disorders:

- Shrimp: A great source of protein and provides essential nutrients without a lot of extra fat.
- Turmeric: Known for its anti-inflammatory and antioxidant properties, which are beneficial for heart health and managing blood sugar levels.
- Vegetables: Provide fiber, vitamins, and minerals to support overall health.
- Olive Oil: A source of healthy fats that can help to reduce cholesterol levels and improve heart health.
- PhytoCider Oxymel & Alliums & Herbs Seasoning Salt: Adds additional nutrients, anti-inflammatory properties, and enhances flavor without the need for excess salt.

This recipe offers a combination of lean protein, vegetables, and beneficial spices to create a flavorful and nutritious meal. The turmeric adds a unique flavor and potential health benefits, while the Persea's Wellness PhytoCider Oxymel and Alliums & Herbs Seasoning Salt enhance the dish's taste and nutritional value. It's a wonderful option for individuals managing diabetes type 2, hypertension, high cholesterol, and weight. As with any dietary change, it's advisable to consult with a healthcare professional before incorporating new supplements or making major changes to your diet.



SPICY CHICKPEA AND VEGETABLE STIR FRY

Ingredients:

- 2 cups chickpeas, cooked and drained (canned is fine, just rinse well)
- 2 tablespoons olive oil
- 1 medium onion, thinly sliced
- 2 bell peppers (any color), thinly sliced
- 1 cup mushrooms, sliced
- 1 medium carrot, julienned
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1-2 teaspoons chili flakes (adjust to taste)
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- Optional: fresh chopped cilantro or parsley for garnish

Instructions:

1. Heat olive oil in a large wok or skillet over medium-high heat.
2. Add the onions and bell peppers, stir-frying for 2-3 minutes until they start to soften.
3. Add the mushrooms, carrots, garlic, and ginger, continuing to stir-fry for another 3-4 minutes.
4. Stir in the chickpeas and chili flakes, cooking for an additional 2-3 minutes until everything is heated through and the vegetables are tender-crisp.
5. In a small bowl, whisk together the low-sodium soy sauce and PhytoCider Oxymel.
6. Pour the sauce over the stir-fry, tossing to combine.
7. Sprinkle the Alliums & Herbs Seasoning Salt over the mixture, giving everything a final toss to ensure even distribution.
8. Serve hot, garnished with fresh herbs if desired.

Health Benefits for Metabolic Syndrome Disorders:

- Chickpeas: A great source of protein and fiber, which can aid in blood sugar control and weight management.
- Vegetables: Provide a variety of vitamins, minerals, and antioxidants to support overall health.
- Olive Oil: Offers healthy fats that are good for heart health and can help to lower bad cholesterol levels.
- Spices: Chili flakes can help to boost metabolism, while garlic and ginger have anti-inflammatory properties.
- PhytoCider Oxymel & Alliums & Herbs Seasoning Salt: Enhance the flavor of the dish while adding additional nutrients and anti-inflammatory benefits, without the need for excess salt.

This spicy chickpea and vegetable stir fry is a hearty and flavorful option for those managing metabolic syndrome disorders. The chickpeas provide a plant-based protein source, while the variety of vegetables ensures a nutrient-rich meal. The addition of Persea's Wellness PhytoCider Oxymel and Alliums & Herbs Seasoning Salt not only enhances the flavor but also brings additional health benefits to the table. Remember, it's always a good idea to consult with a healthcare professional when making significant changes to your diet, especially when managing chronic health conditions.





Lunch & Dinner Recipes

GRILLED SALMON WITH STEAMED VEGETABLES AND QUINOA

Ingredients:

- 4 salmon fillets (100 to 150 grams each)
- 2 cups mixed vegetables (broccoli, carrots, bell peppers), chopped
- 1 cup quinoa, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon Persea's Alliums & Herbs Seasoning Salt
- Juice of 1 lemon
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- Fresh herbs (parsley, dill, or cilantro) for garnish

Instructions:

1. Prepare Quinoa: In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15 minutes or until quinoa is cooked. Fluff with a fork.
2. Grill Salmon: Preheat grill to medium-high heat. Brush salmon fillets with 1 tablespoon of olive oil and season with half of the Alliums & Herbs Seasoning Salt. Grill salmon for 3-4 minutes per side or until fully cooked.
3. Steam Vegetables: In a steamer basket, steam the chopped vegetables for 5-7 minutes, or until they are tender-crisp.
4. Prepare Dressing: In a small bowl, whisk together the remaining olive oil, lemon juice, and PhytoCider Oxymel.
5. Assemble the Plate: Place a portion of quinoa on each plate, top with steamed vegetables, and a grilled salmon fillet. Drizzle the dressing over the top.
6. Garnish: Sprinkle the remaining Alliums & Herbs Seasoning Salt over the dish and garnish with fresh herbs.
7. Serve: Enjoy your healthy and balanced meal!

Health Benefits for Metabolic Syndrome Disorders:

- Salmon: Rich in omega-3 fatty acids which are beneficial for heart health, reducing inflammation, and improving cholesterol levels.
- Mixed Vegetables: High in fiber, vitamins, and minerals; aiding in digestion and supporting overall health.
- Quinoa: A great source of protein and all nine essential amino acids, quinoa is also high in fiber, helping to manage blood sugar levels.
- Persea's Wellness PhytoCider Oxymel: With its range of herbal extracts, this ingredient adds an additional layer of anti-inflammatory and antioxidant properties, while Cape Wildflower honey provides a natural sweetness without spiking blood sugar levels. The recommended dose in this recipe is 1 tablespoon, integrated into the dressing.
- Persea's Alliums & Herbs Seasoning Salt: Adds a burst of flavor without the need for additional salt, helping to manage blood pressure levels.

This recipe provides a balanced meal with lean protein, whole grains, and plenty of vegetables, which is ideal for managing diabetes type 2, hypertension, high cholesterol, and aiding in weight management. The inclusion of Persea's Wellness PhytoCider Oxymel and Alliums & Herbs Seasoning Salt enhances the dish's nutritional profile while adding delicious flavors. As with any change in diet or introduction of new supplements, it's advisable to consult with a healthcare professional. Enjoy your healthy dinner!



MEDITERRANEAN CHICKPEA AND VEGETABLE SKILLET

Ingredients:

- 2 cups chickpeas, cooked and drained
- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 eggplant, diced
- 1 can diced tomatoes, undrained
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- Fresh basil or parsley for garnish

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onions and garlic, sautéing until fragrant and translucent.
2. Add bell pepper, zucchini, and eggplant to the skillet. Cook for 5-7 minutes until vegetables are softened.
3. Stir in chickpeas and diced tomatoes, including the juice.
4. Season the mixture with Persea's Alliums & Herbs Seasoning Salt. Stir well to combine.
5. Cover the skillet, reduce heat to low, and let it simmer for 10-15 minutes, allowing flavors to meld together.
6. Stir in Persea's Wellness PhytoCider Oxymel, and cook for an additional 2 minutes.
7. Taste and adjust seasoning if necessary.
8. Serve hot, garnished with fresh basil or parsley.

Health Benefits for Metabolic Syndrome Disorders:

Chickpeas: Provide a hearty, plant-based protein source, helping in weight management and stabilizing blood sugar levels.

Vegetables: Supply ample fiber, vitamins, and minerals, supporting overall health and aiding in digestion.

Olive Oil: Offers heart-healthy monounsaturated fats.

Persea's Alliums & Herbs Seasoning Salt: Adds flavor without the need for excess sodium, which is beneficial for blood pressure management.

Persea's Wellness PhytoCider Oxymel: Incorporates a range of herbal extracts and honey to provide anti-inflammatory and antioxidant benefits, along with a touch of natural sweetness.

This Mediterranean-inspired dish is not only flavorful but also packed with nutrients that are beneficial for managing diabetes type 2, hypertension, high cholesterol, and supporting weight management. Enjoy your healthy meal!



SPICY LENTIL AND KALE SOUP

Ingredients:

- 1 cup dried lentils, rinsed and drained
- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 bell pepper, chopped
- 1 bunch kale, stems removed and leaves chopped
- 1 can diced tomatoes, undrained
- 6 cups low-sodium vegetable broth
- 1 teaspoon ground cumin
- 1/2 teaspoon chili flakes (adjust to taste)
- 1 tablespoon Persea's Alliums & Herbs Seasoning Salt
- 2 tablespoons Persea's Wellness PhytoCider Oxymel
- Fresh lemon juice, salt, and pepper to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions and garlic, sautéing until translucent.
2. Add carrots, celery, and bell pepper. Cook for 5-7 minutes until vegetables start to soften.
3. Stir in lentils, tomatoes, and vegetable broth. Add ground cumin, chili flakes, and Persea's Alliums & Herbs Seasoning Salt. Bring to a boil.
4. Once boiling, reduce heat, cover, and simmer for 25-30 minutes until lentils are tender.
5. Add chopped kale, stirring until it wilts into the soup.
6. Stir in Persea's Wellness PhytoCider Oxymel.
7. Season with fresh lemon juice, salt, and pepper to taste.
8. Serve hot, enjoy your nutrient-packed, hearty soup!

Health Benefits for Metabolic Syndrome Disorders:

- Lentils: A great source of plant-based protein and fiber, helping to stabilize blood sugar and improve heart health.
- Kale: High in vitamins, minerals, and antioxidants, supporting overall well-being and reducing inflammation.
- Vegetables: Provide additional fiber, vitamins, and minerals.
- Olive Oil: Contains heart-healthy monounsaturated fats.
- Persea's Alliums & Herbs Seasoning Salt: Adds a burst of flavor without excess sodium.
- Persea's Wellness PhytoCider Oxymel: Offers a range of health benefits with its herbal extracts and honey, contributing to anti-inflammatory and antioxidant properties.



TURMERIC GRILLED CHICKEN WITH CAULIFLOWER RICE

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 tablespoon Persea's Alliums & Herbs Seasoning Salt
- 1 large head cauliflower, grated or processed into rice-sized pieces
- 2 cloves garlic, minced
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- Fresh cilantro or parsley for garnish
- Lemon wedges for serving

Instructions:

1. Marinate Chicken: In a bowl, mix olive oil, turmeric powder, ground cumin, paprika, and half of the Alliums & Herbs Seasoning Salt. Coat the chicken breasts evenly with the marinade and let them sit for at least 30 minutes.

2. Preheat Grill: Preheat your grill to medium-high heat.

3. Grill Chicken: Place the marinated chicken on the grill. Cook for 6-7 minutes on each side, or until fully cooked and juices run clear. Remove from grill and let rest for a few minutes.

4. Prepare Cauliflower Rice: In a large skillet, heat a tablespoon of olive oil over medium heat. Add minced garlic and sauté until fragrant. Add the grated cauliflower and the rest of the Alliums & Herbs Seasoning Salt. Stir-fry for 5-7 minutes until the cauliflower is tender but not mushy.

5. Finish with PhytoCider Oxymel:

Stir in the Wellness PhytoCider Oxymel into the cauliflower rice, mixing well.

6. Serve: Place a generous serving of cauliflower rice on each plate, top with a grilled chicken breast, garnish with fresh cilantro or parsley, and serve with a wedge of lemon.

Health Benefits for Metabolic Syndrome Disorders:

- Chicken: Provides a lean protein source, essential for muscle building and satiety.
- Turmeric: Known for its anti-inflammatory and antioxidant properties.
- Cauliflower Rice: A low-carb alternative to regular rice, helping in blood sugar management.
- Olive Oil: Offers heart-healthy fats and helps in reducing inflammation.
- Persea's Alliums & Herbs Seasoning Salt: Adds flavor without the need for additional salt, supporting blood pressure management.
- Persea's Wellness PhytoCider Oxymel: With its herbal extracts, it provides additional anti-inflammatory and antioxidant benefits.

This recipe offers a balanced, low-carb meal option suitable for managing diabetes type 2, hypertension, high cholesterol, and aiding in weight management. Enjoy your delicious and healthful dinner!





Salads & Vinaigrettes Recipes

QUINOA & ROASTED VEGETABLE SALAD WITH HERB OXYMEL

You Salad Ingredients:

- 1 cup quinoa (uncooked)
- 2 cups water (for cooking quinoa)
- 2 medium carrots, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 red onion, diced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Mixed greens (such as spinach, kale, and arugula)
- 1 avocado, sliced
- 1/4 cup feta cheese (optional)

Vinaigrette Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- 1 teaspoon Dijon mustard
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- Freshly ground black pepper to taste

Instructions:

1. Cook Quinoa: Rinse quinoa under cold water. In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed. Fluff with a fork and set aside to cool.
2. Roast Vegetables: Preheat oven to 400°F (200°C). Place diced carrots, bell pepper, zucchini, and red onion on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat evenly. Roast for 20-25 minutes or until vegetables are tender and slightly caramelized.
3. Prepare Vinaigrette: In a small bowl, whisk together olive oil, balsamic vinegar, Persea's Wellness PhytoCider Oxymel, Dijon mustard, Alliums & Herbs Seasoning Salt, and black pepper.
4. Assemble Salad: In a large bowl, combine cooked quinoa, roasted vegetables, and mixed greens. Drizzle with the herb oxymel vinaigrette and toss to combine.

5. Serve: Divide salad among plates, top with sliced avocado and feta cheese (if using), and serve immediately.

Health Benefits for Metabolic Syndrome Disorders:

- Quinoa: A high-protein, high-fiber grain that helps in managing blood sugar levels and promoting a feeling of fullness.
- Vegetables: Provide essential vitamins, minerals, and antioxidants, supporting overall health and reducing inflammation.
- Olive Oil: A source of monounsaturated fats, beneficial for heart health.
- Avocado: Contains heart-healthy fats and fiber.
- Persea's Alliums & Herbs Seasoning Salt: Adds flavor without excess sodium, helping in blood pressure management.
- Persea's Wellness PhytoCider Oxymel: Offers anti-inflammatory and antioxidant benefits, along with a touch of natural sweetness from Cape Wildflower honey.

This salad is not only delicious but also packed with nutrients that support the management of diabetes type 2, hypertension, high cholesterol, and weight. Enjoy your wholesome meal!



MEDITERRANEAN CHICKPEA SALAD WITH LEMON-HERB

Salad Ingredients:

- 2 cans chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped

Dressing Ingredients:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon Persea's Wellness PhytoCider Oxymel
- 1 teaspoon Persea's Alliums & Herbs Seasoning Salt
- 1 garlic clove, minced
- Black pepper to taste

Instructions:

1. Prepare Salad Ingredients: In a large bowl, combine chickpeas, cherry tomatoes, cucumber, red bell pepper, red onion, olives, feta cheese, parsley, and mint.
2. Make the Dressing: In a small bowl, whisk together olive oil, lemon juice, PhytoCider Oxymel, Alliums & Herbs Seasoning Salt, minced garlic, and black pepper.
3. Dress the Salad: Pour the dressing over the salad ingredients and toss well to combine.
4. Chill: Let the salad chill in the refrigerator for at least 30 minutes to allow flavors to meld together.
5. Serve: Give the salad a final toss before serving. Enjoy as a refreshing and hearty meal or side dish.

Health Benefits for Metabolic Syndrome Disorders:

- Chickpeas: A fantastic source of protein and fiber, helping to regulate blood sugar levels and promote satiety.
- Vegetables: Packed with vitamins, minerals, and antioxidants, supporting overall health and reducing inflammation.
- Olives and Olive Oil: Rich in monounsaturated fats and antioxidants, beneficial for heart health.
- Herbs: Fresh parsley and mint add flavor and nutritional value without additional calories.
- Persea's Alliums & Herbs Seasoning Salt: Enhances taste while helping to maintain healthy blood pressure levels.
- Persea's Wellness PhytoCider Oxymel: Adds a zesty flavor with its herbal extracts, providing anti-inflammatory and antioxidant benefits.

This Mediterranean Chickpea Salad is a nutrient-dense option that is flavorful and satisfying, making it a great choice for those managing diabetes type 2, hypertension, high cholesterol, and weight. Enjoy your vibrant and healthful meal



OUR LAST WORDS

As we draw the curtain on the pages of this recipe book, a transformative journey unfolds before you. Persea Health's commitment to educating individuals, both young and old, on the path to vibrant living shines through these pages. In a world inundated with empty processed foods and beverages, the wisdom you've gained empowers you to make choices that safeguard against weight gain and chronic health conditions.

Within these chapters, you've discovered the secret to extending your healthspan, ensuring that you can continue enjoying the activities you love for years to come. The truth resonates: food is indeed medicine. It's a reminder that what you choose to eat, digest, and absorb shapes your well-being.

Persea Health stands as a steadfast ally on your journey towards optimal health. Our commitment to "Supporting your health, Naturally" echoes through every word penned in this booklet. As you embrace the wisdom and practices within these pages, remember that your journey is not just about individual health; it's a shared endeavor for all of us to experience "Good Health, Naturally."

May this booklet serve as your compass, guiding you through the intricacies of managing type 2 diabetes with wisdom, resilience, and a commitment to a life lived fully. Your journey is a testament to the power of informed choices, and Persea Health is honoured to be a part of your pursuit of holistic well-being. Here's to a future of health, vitality, and the joy of living naturally.

Persea Health Team
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