

Mindful Eating for **STRESS MANAGEMENT**

**PREVENTING WORKPLACE
BURNOUT**



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BURNOUT

- Burnout is becoming a significant issue in workplaces today, especially in the healthcare sector.
- Burnout is when stress and exhaustion from work become overwhelming, leading to feelings of unhappiness and dissatisfaction.
- Research shows that Healthcare professionals are particularly vulnerable, facing burnout more than those in other fields.
- This not only affects their personal well-being but also has broader implications for society.
- On the positive side, research shows that when people focus on their well-being, they can boost productivity, improve relationships at work, and even enjoy longer, healthier lives.
- Nutrition is a large part of managing that burnout, so this ebook will look at the foods which support the prevention of burnout.



NUTRITION & BURNOUT

- Nutrition is an important tool in maintaining energy levels and mental clarity, both of these are crucial for preventing burnout.
- A balanced diet provides the essential nutrients that help to regulate your mood, improve your cognitive function and supports your stress responses.
- Consuming a variety of whole foods supports your gut health, where diversity is key to producing beneficial strains of live bacteria supporting your microbiome. The gut supports your nervous system through the vagus nerve, a key regulator in your body's reactions to stress.



FOOD SOURCES

- Omega-3 fatty acids are essential fats that play a crucial role in brain health and reducing inflammation. They are known for enhancing cognitive function and mood, making them vital in preventing burnout.
- The B vitamins, especially B6, B9 (folate) and B12, are crucial for energy production, brain function, and the synthesis of neurotransmitters. They support mental clarity and manage fatigue.
- Low glycemic foods help stabilise blood sugar levels, providing steady energy and preventing the spikes and crashes that can lead to fatigue and stress.
- Tryptophan foods support mental well and stress responses. It is an amino acid that the body uses to produce serotonin, a neurotransmitter which helps regulate mood and sleep.
- Magnesium, with its many benefits also supports a calming effect for the nervous system which can help reduce stress.



FOODS

- Omega 3's: Oily fish (salmon, mackarel, tuna), flaxseeds, walnuts, avocado's, olive oil.
- Magnesium: Leafy greens (Spinach, kale), Legumes, Fish (Mackarel, salmon), Wholegrains, Nuts & Seeds (Almonds, cashew nuts, pumpkin seeds.)
- B Vitamins: Whole Grains (Brown rice, barley, oats) Leafy Greens (Spinach & kale), Meat and Poultry (Beef, chicken, turkey), Legumes (Lentils, chickpeas, beans)
- Low Glycemic: Non-Starchy Vegetables: (Broccoli, cauliflower, leafy greens), Whole Fruits (Apples, pears, berries), Whole Grains (Quinoa, barley, whole wheat pasta), Nuts and Seeds (Almonds, walnuts, pumpkin seeds)
- Tryptophan: Turkey , Chicken, Eggs, Cheese, Tofu and Soy Products.



SAMPLE MENU PLANNER

Day 1

- Breakfast: Vanilla Berry Protein Smoothie
- Lunch: Rainbow Chopped Salad Jars
- Dinner: Pressure Cooker Thai Chicken & Vegetables
- Snack: Chocolate Coconut Fat Bombs

Day 2

- Breakfast: Chicken & Squash Breakfast Patties
- Lunch: Lemon & Dill Baked Sole
- Dinner: Creamy Eggplant Curry
- Snack: Bell Pepper Egg Cups

Day 3

- Breakfast: Zucchini Breakfast Boats
- Lunch: Chicken & Apple Sausage Patties
- Dinner: Pork Medallions with Broccoli & Cauliflower
- Snack: Turmeric Hummus with veggie sticks



RECIPES

BREAKFAST

Vanilla Berry Protein Smoothie

Ingredients

1.1 liters Soy Milk

73 grams Vanilla Protein Powder

60 grams Hemp Seeds

222 grams Blueberries (fresh or frozen)

185 grams Raspberries (fresh or frozen)

47 grams Almond Butter

Directions:

Add to blender & blend until smooth

RECIPES

BREAKFAST

Chicken & Squash Breakfast Patties

227 grams Extra Lean Ground Chicken
70 grams Butternut Squash (grated)
20 grams Red Onion (finely chopped)
1/2 Apple (peeled, finely chopped)
2 Garlic (clove, minced)
500 milligrams Dried Thyme
2 grams Sea Salt
7 milliliters Extra Virgin Olive Oil

Directions:

1. Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
 2. Heat the oil in a non-stick pan over medium heat.
 3. Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through.
- Cook the patties in batches, if necessary.
Serve and enjoy

RECIPES

BREAKFAST

Zucchini Breakfast Boats

Ingredients

- 2 Zucchini (large, sliced in half lengthwise)
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 8 White Button Mushrooms (chopped)
- 4 Eggs
- 2 grams Sea Salt
- 15 grams Parsley (chopped)
- 6 grams Nutritional Yeast (optional, for topping)

Directions

1. Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
2. Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
3. Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy

RECIPES

LUNCH

Rainbow Chopped Salad Jars

Ingredients:

50 grams Tahini

1 1/3 Lemon (juiced)

2 grams Sea Salt

20 milliliters Water

328 grams Chickpeas (cooked, from the can) 99 grams Cherry Tomatoes

85 grams Matchstick Carrots

2/3 Yellow Bell Pepper (chopped)

178 grams Purple Cabbage (chopped)

Directions:

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

RECIPES

LUNCH

Lemon & Dill Baked Sole

Ingredients:

15 milliliters Extra Virgin Olive Oil
1/2 Lemon (divided)
556 milligrams Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
227 grams Sole Fillet (boneless)
402 grams Asparagus (woody ends trimmed)

Directions:

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
2. In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
3. Arrange the sole fillets and asparagus onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices.
4. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender. Divide between plates and enjoy

RECIPES

LUNCH

Chicken & Apple Sausage Patties

Ingredients:

- 113 grams Extra Lean Ground Chicken
- 1/4 Apple (medium, cored, finely chopped or grated)
- 175 milligrams Ground Sage
- 325 milligrams Cinnamon
- 750 milligrams Sea Salt
- 7 milliliters Coconut Oil

Directions:

1. In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
3. Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
4. Set aside to cool slightly. Enjoy!

RECIPES

DINNER

Pressure Cooker Thai Chicken & Vegetables

Ingredients:

- 121 milliliters Canned Coconut Milk (full fat)
- 118 milliliters Chicken Broth
- 15 grams Thai Red Curry Paste
- 15 milliliters Coconut Aminos
- 3 grams Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 227 grams Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 75 grams Green Beans
- 11 grams Kale Leaves (chopped)

Directions:

1. In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
3. Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
4. Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine. Divide between plates and enjoy

RECIPES

DINNER

Creamy Eggplant Curry

Ingredients:

- 15 milliliters Extra Virgin Olive Oil
- 1/2 Eggplant (medium, sliced in half lengthwise, chopped into rounds)
- 750 milligrams Sea Salt
- 2 grams Turmeric (ground)
- 2 grams Garam Masala
- 900 milligrams Cayenne Pepper
- 182 milliliters Canned Coconut Milk (full fat)
- 1/2 Garlic (clove, finely chopped)
- 15 milliliters Lime Juice
- 2 grams Cilantro (chopped)

Directions:

1. Heat the oil in a large pan over medium heat. Add the eggplant slices and season with salt. Cook for 12 to 15 minutes, flipping the eggplant slices occasionally until they are browned.
2. Season the eggplant slices with turmeric, garam masala, and cayenne pepper. Cook for one more minute.
3. Add the coconut milk and stir in the garlic. Simmer for three to five minutes. Adjust the consistency with a little hot water at the time if needed.
4. Turn off the heat and add the lime juice. Garnish with cilantro.

RECIPES

DINNER

Pork Medallions with Broccoli & Cauliflower

Ingredients:

- 91 grams Broccoli (cut into florets)
- 1/2 head Cauliflower (cut into florets)
- 227 grams Pork Tenderloin (cut into medallions)
- Sea Salt & Black Pepper (to taste)
- 1 gram Thyme (fresh)
- 15 milliliters Avocado Oil (divided)
- 59 milliliters Chicken Broth

Directions:

1. Place the broccoli and the cauliflower in a steamer basket over boiling water and cover. Steam for three to five minutes.
2. Sprinkle each pork medallion with salt, pepper, and thyme. Press the medallions to set the seasoning and flatten to an even thickness.
3. Heat the oil in a large skillet over medium-high heat. Add the medallions and cook for two to three minutes per side or until desired doneness. Work in batches if needed.
4. Remove the pork medallions from the pan and set aside. Return the pan to medium-high heat and slowly add the chicken broth to deglaze, continue to cook for one minute.
5. Return the medallions to the skillet to reheat, spreading the sauce over the medallions. Remove from heat.
6. Divide the pork and veggies evenly between plates and enjoy

RECIPES

SNACKS

Chocolate Coconut Fat Bombs

Ingredients:

67 milliliters Coconut Oil
10 grams Cacao Powder
9 grams Monk Fruit Sweetener
281 milligrams Sea Salt

Directions:

1. Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
2. Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold.

RECIPES

SNACKS

Bell Pepper Egg Cups

Ingredients:

- 4 Red Bell Pepper
- 8 Egg Sea Salt & Black Pepper (to taste)

Directions:

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy

RECIPES

SNACKS

Turmeric Hummus with veggie sticks

Ingredients:

328 grams Chickpeas (cooked)
1 Garlic (clove)
15 grams Tahini
44 milliliters Apple Cider Vinegar
59 milliliters Extra Virgin Olive Oil
2 grams Turmeric
3 grams Sea Salt

Directions:

Add all ingredients together in a food processor. Blend until a creamy consistency forms.