

**THINSPIRED****BY SIMRA KHAN**Fitness and Nutrition Coach, Mentor/  
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# Healthy isn't a goal; it's a way of living



If you think of healthy eating, you are thinking Simra Khan. This week, Star Lifestyle brings to you, recipes that are all about healthy and wellness. For any queries for Simra Khan, please send them to [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com). Also follow her on Facebook at: <https://www.facebook.com/thinspiredbysimrak>

Healthy isn't a goal; it's a way of living. My journey started in 2014, after I had my second daughter and found myself in extremely bad shape. Not only was I overweight and depressed (hormones I couldn't fight against), but also sluggish and unwell all the time.

After some research, I stumbled upon 'Clean Eating Lifestyle,' which changed my mindset on weight loss. Clean eating allows you to enjoy food that are both delicious and nutritious. Within a period of eight months after I adopted the regimen, I lost considerable weight. It was not the diet; it was the lifestyle changes I made.

I wanted to share my experience with others and started a Facebook group, Thinspired by Simra. What initially started as a group for friend and family soon became an overwhelming success, with more than 20,000 members!

The group has several success stories of ladies who have lost extensive weight through healthy eating and exercise. This 'all women' platform helps members keep each other motivated and inspired.

Healthy lifestyle has no other alternative; we need to watch our diet habits and stop all 'fad diets' that lead to starving in the pursuit of losing weight. There is a saying, "Diet is 70 percent food and 30 percent exercise." You can exercise all you want, but will not see your scale move if the diet you follow is



not spot on!

Clean eating is easy and manageable, where you eat 5 small meals a day in order to lose weight. Here are some Clean Eating Dishes with recipes one can eat in a day while trying to lead a healthy lifestyle. Think about the nutritional value of food you put in your mouth rather than the calorie itself — eating food with just empty calories and no nutritional value might have adverse effects.

Exercise is a must, although not mentioned here.

**FEW RULES OF CLEAN EATING —**

Eating more real food: No processed, re-fined and packaged food allowed.

Eat for nourishment: Eating regular, balanced meals, and healthy snacks that are nourishing.

Eat more plant-based food: Eating more plant-based proteins, such as beans, lentils and peas, and high-protein whole grains, like quinoa.

Adopt a cleaner lifestyle by getting plenty of physical activity during the day, getting enough sleep at night and managing stress in healthy ways.

**BREAKFAST****Nutty fruity granola parfait****(Total calorie: 257)****Ingredients**

½ cup granola  
50g sliced almonds and cashew  
Sliced fruits (optional)  
1 cup unflavoured low fat yoghurt  
A pint of coconut milk/almond milk  
100g fresh strawberries  
1 tsp peanut butter  
2 tsp brown sugar  
Pinch of cinnamon powder

**Method**

In a saucepan, add chopped strawberries,

2 tablespoons water and brown sugar, and stir until the strawberries turn jelly-like and dissolve. Set aside and allow it to cool.

In the yoghurt, mix 1 teaspoon of peanut butter, a pint of coconut milk, cinnamon powder, sliced nuts, and whisk.

Take a large jar and layer the yoghurt, the strawberry jelly, the granola; and repeat this until you reach the edge of the jar. Now add some fresh fruits and sprinkle some cinnamon powder. Your home made granola nutty fruity parfait is ready, and best served chilled.

**PRE-LUNCH SNACK****Red Mania Juice****(Total calorie: 150)****Ingredients**

2 medium beet, peeled and chopped  
2 carrot, peeled and chopped  
1 small piece of ginger  
2 lemon juice  
2 tsp brown sugar (optional)  
1 tbsp chia seeds (optional)

**Method**

Blend all ingredients together, and drink up.

**LUNCH****Grilled Cajun chicken****(Total calorie: 360)****Ingredients**

300g chicken  
1 tbsp paprika  
1 tsp onion powder