

# Food for the recovering meataholic

Eid ul Azha, the festival of sacrifice. It is no surprise that our consumption of meat has been significantly high in the week following the celebrations. After all the gastronomical meat fest, it is time to let your stomach get some rest of its own and recover from the amount of meat that has been consumed. We recommend these seven foods that will help you recover from the meat shenanigans.

## Yoghurt

Yoghurt is a great way to start this list as it helps cool down your stomach. The good bacteria in yoghurt can help relieve you greatly and as you can just eat this as a snack or mix it in a smoothie it takes little time and it starts working on repairs fairly quickly. To find the best results with yoghurt, try to buy closer to the production date.

## Citrus fruits

Citrus fruits like oranges, mandarins, and grapefruits are packed with Vitamin C and fibre. Consuming a lot of meat sometimes puts stress on the bowels and citrus fruits are a great way to counteract that. Mandarins, especially are the most fibrous out of the lot and have a mild laxative effect. You can have fresh citrus fruits as a snack in between meals or drink them in juice form with the pulp for maximum effect.

## Spinach and other greens

Greens like spinach and broccoli are very healthy for you as they are great sources of folates, and vitamins C and K. They are very rich in fibre and really alleviate your abdominal stress from all that meat eating. They are admittedly not the best tasting but you can go around that by sautéing them in

some light spices, boiling, and grilling them. Add them to salads or sandwiches and get better gut health!

## Legumes

Now you cannot just avoid protein completely. That would have adverse effects on your gut health. What legumes do is give you that necessary protein that your body requires while also being gut friendly and healthy. Legumes like peas, beans, and lentils are high in soluble and insoluble fibre which promotes good bowel movements and helps alleviate your gut stress as well. You can make delicious soups with these mixed in or even include them in a salad.

