

## A Night at The Railway



A few weeks ago I got an email inviting me to a night at The Railway in Cheltenham to try their brand new Thai BBQ menu. It was a night I or my tastebuds will not be forgetting in a hurry! There was soooo much food I think I am still full!

The atmosphere was great; really cosy and intimate. The food was to die for; so many different options and flavours all underpinned with that smokey taste you can only get from a bbq. There's something so primal about that and I love it! So sit tight folks and let's take a little tour through the culinary delights of The Railway's new menu.



Smoked Vegetables Suki Jay

So let's start with the small plates!! I loved these as it was like Thai tapas. Loads of bits to tuck into and great for sharing with friends if you

can't make up your mind on what to have. We started with some fresh herb, pork and prawn spring rolls with a sweet chilli dipping sauce. What I loved about these were that they tasted fresh. The vegetables had some bite and the flavours were light and the sauce really complimented rather than over powered the flavours. We were also served some pork belly, sriraja prawns and chilli chicken wings but my favourite had to be the smoked vegetable suki jay. I don't get to go nuts with vegetables at home as Roo boy isn't a fan so when I eat out I go to town with the veg and this did NOT disappoint. They were smoked and chargrilled so had that smokey flavour but they were covered in a spicy sauce that had a real kick to it. It's a must have!

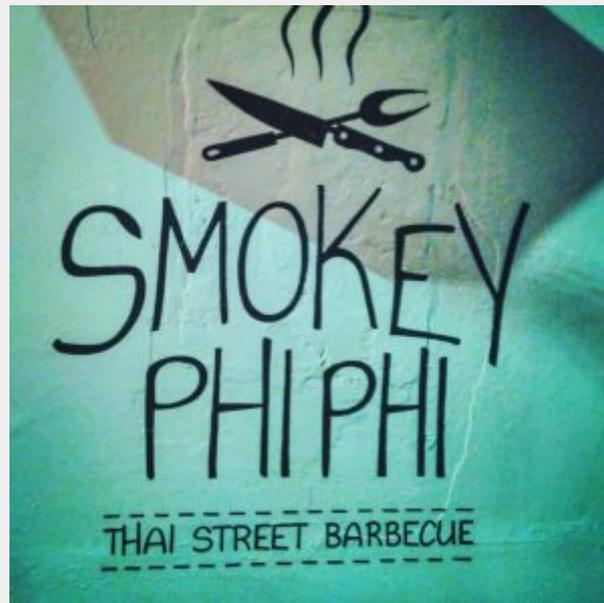


Nam Tok Sea Bass

Are you ready for the large plates? Now these were something to behold!! I was already pretty full from the small plates but thankfully we were sharing. We were served 4 dishes including pork belly rendang and marinated pork shoulder but the 2 stand out dishes for me were the smoked sirloin with lemongrass and chilli and the nam tok sea bass. The sirloin was cooked to perfection. Smokey flavour with the subtle taste of lemongrass was such a great combination; I wish I didn't have to share that one! Now the sea bass, this was a pleasant surprise for me because I don't like fish at all but I thought "hey why not try it"! And I am so glad that I did! Someone else had to do the carving because I'm not great with my food still looking like the animal it came from but the meat was beyond delicious! So juicy and flavoursome, it had me going back for more. Now that says something!

Some sides were also brought out with the large dishes and the coconut rice was immense! The light sweet coconut flavour was great with the spicy pendang sauce with the pork belly and really complimented the lemongrass of the sirloin. It just brought everything together in a delicious fusion of

flavours.



The Railway Cheltenham

The food was fantastic as was the company and the service. If you don't believe me try it out for yourself, check out their website and book yourself a table pronto!! <http://www.therailwaycheltenham.co.uk/> .

Love Roo xx

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- » [Motivation](#)
- » [How To Be Your Own Coach](#)
- » [Oatty Yoghurt Breakfast Pots](#)
- » [healthy breakfast alternative of egg and pepper](#)
- » [Leg Tabata Workout](#)

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## Eggs in Blankets



Eggs are such a great and healthy way to start the day. Before I decided to change my diet, bread was a big part of my breakfast and I couldn't get my head around what you would have with your eggs or with your bacon, because everything should be sandwiched or on toast! Don't get me wrong I still eat bread from time to time and I'll have a nice sourdough loaf in the freezer for those occasions but I'll let you in on a secret you can make a tasty

breakfast without toast!!!

So here's the simple recipe for eggs in blankets. It's a quick and easy way to cook your eggs and up your protein intake. And you can try this with turkey rashers as well as bacon..

Ingredients:

- 6 rashers of bacon
  - 3 large eggs
  - a pinch of chilli flakes
  - a pinch of pepper
  - chopped coriander for garnish
1. First of all pre-heat the oven to 160C (fan-assisted).
  2. Then grease a muffin tin with some coconut oil or ghee. Line each part of the muffin tin with one rasher of bacon.
  3. Now you have 2 options here and it depends on how you like your bacon; I like mine well done so I put the bacon lined muffin tin in the oven for 5 minutes before adding the egg mixture. If you like your bacon just cooked skip straight to step 4
  4. Beat 3 eggs (1 egg will make 2 portions) and add in some pepper and chilli flakes for flavour
  5. Pour the egg mixture into your bacon parcels
  6. Pop in the oven and bake your eggs in blankets for 15 minutes
  7. Remove the egg and bacon nest from the muffin tin and scatter with coriander to taste.

And there you have it, an easy recipe to make eggs for breakfast without any bread and plenty of flavour! ☐

Enjoy!

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## Aloe Drinking Gel



Aloe Drinking Gel

So I've started drinking the forever living aloe drinking gel and oh my days I won't ever go back to not drinking this!

I'll be honest the taste was a shock, the aloe drinking gel is definitely an acquired taste but you quickly get over that and the benefits are so worth it and far outweigh the unusual taste!

So I started drinking the aloe drinking gel more out of curiosity rather than thinking I needed it for something in particular. My mum is currently drinking the forever freedom aloe drinking gel which has glucosamine in it and is designed for people with mobility concerns and athletes. But I'll come back to that in a minute!

Anyway like I said I started the aloe drinking gel out of curiosity but what I actually discovered was that I wasn't a good sleeper. After a couple of weeks of taking a shot of the gel I noticed that I was falling asleep quickly, wasn't waking during the night and was waking in the morning feeling completely refreshed. I can't remember the last time that happened and now it's happening every day!!! I can only put this down to the aloe drinking gel!

My mum is also drinking the forever freedom aloe drinking gel which she is hoping will help with her arthritic knees (still early days yet but watch this space!) But one thing she did say to me was that her hair has started to shine. She's always had quite dry hair from lots of colouring over the years but she said she looked in the mirror and had to do a double take because her hair had such a shine to it that she hasn't seen in years! Again she's not changed anything so can only attribute it to the aloe drinking gel!

How about you? Are you curious enough to try it?? Click [here](#) to try and buy!

Love Roo xx

## Recommended for you

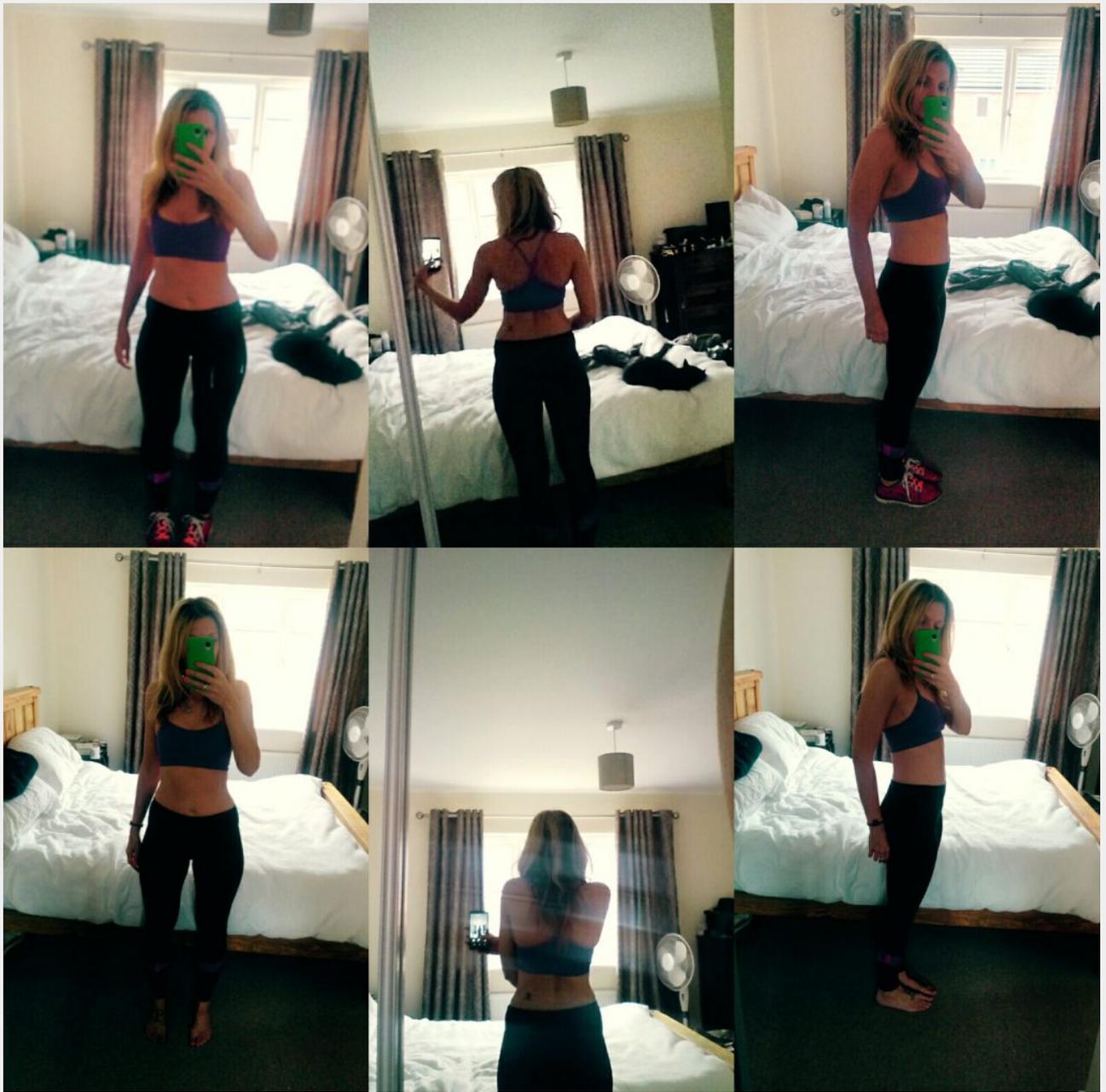
- » [Make-Up & Travelling Light](#)
- » [Poached Egg Hash](#)
- » [Aloe Drinking Gel](#)
- » [Superdry Multi Folk Stitch Mini Skirt](#)
- » [My Vitamins Carb Blocker](#)

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## Ketone Review

Earlier this year I did a trial of some raspberry ketone and green coffee bean supplements so I could do a ketone review. Check the [ketone review](#) post to read about all of the benefits before scrolling through to see the results!!

I used the ketone supplements for 1 month and took them 3 times daily as instructed and I am pleased to report that my ketone review is a positive one! I took some photos as well as some measurements as 1 month is enough time to see a change but it will never be a dramatic change! So here are my photos (top before, below is after) and measurements:



Ketone Review & Results

25th April 2016

1. 8st 7lbs
2. Chest: 30 inches
3. Waist: 24.5 inches
4. Hips: 36 inches
5. Thigh: 21 inches

1st May 2016

1. 8st 4lbs
2. Chest: 30 inches
3. Waist: 24 inches
4. Hips: 35 inches
5. Thigh: 20.5 inches

So the results of this ketone review show a total of 2 inches lost over the body within 1 month, and a 3lb weight loss! I was definitely pleased with these results!!!

Whilst I was taking the tablets it was an odd one; rather than feeling like I suddenly had more energy or feeling fuller for longer, I didn't notice a sudden change, but when I stopped taking the ketone tablets I suddenly noticed I wasn't taking them because the effect had worn off. So it was more of a natural and gradual improvement over the month rather than instantaneous. So anyone wanting to try [these ketone supplements](#) should definitely bear that in mind!! So would I recommend ketone supplements? Sure! But don't expect a miracle overnight! Ketone tablets are no different to anything else natural and healthy and that means that it takes time to see huge results but when you do they will be lasting results! But why don't you be the judge of that ☐

Love Roo xx

## Must reads

- » [Health & Fitness Apps](#)
- » [Breo Axis Watch Review](#)
- » [11th Day Of Fitmas](#)
- » [How to Keep Active At Work](#)
- » [Are Eating Habits Contagious?](#)

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## Nut Milk



Nut Milk

People mocked my nut milk bag purchase despite this being something I'd wanted to buy for AGES but had never quite gotten around to it. I have to say buying this was literally one of the single most exciting days of my life, only trumped by the fact that I actually made my own nut milk quickly a few days later!!

It's actually surprisingly easy to make your own nut milk but it's not an instant process. The processes themselves are really quick it's the hours of waiting in between that are time consuming! The first question people asked wasn't how but why. This was a shock, if you can make something yourself why wouldn't you?! Secondly, it is sadly assumed that all health products purchased in a store are actually healthy and good for you, and they generally are but if you look at the ingredients you may be shocked to find some nasties in there and other ingredients which you just don't need! My nut milk has 2 ingredients; nut and water. So how do you make nut milk? Here we go:

Buy 100g of your nut of choice, put them in a bowl and put in some cold water which is just enough to cover the nuts. Cover with cling film and leave them to soak for anywhere between 6 – 12 hours. Then drain the water off. Put your nuts in a blender and add 300g of cold water. Blend blend blend until you've got milk and hardly any nut chunks. Strain the milk through your nut milk bag into a jug, once you've strained really squeeze and twist what's left in the

nut milk bag to really get as much in the jug as possible.

This will last in the fridge for about 5 days (if you can wait that long to drink it!). I suppose the next question is what can you do with it, well anything! You can use it to cook with, you can drink it on it's own, you can heat it up and add some raw cacao and make some hot chocolate, you can add some cardomom and cinnamon and make a nice soothing milky drink before bed! The possibilities are pretty endless, if you can imagine it you can do it ☐

Enjoy!

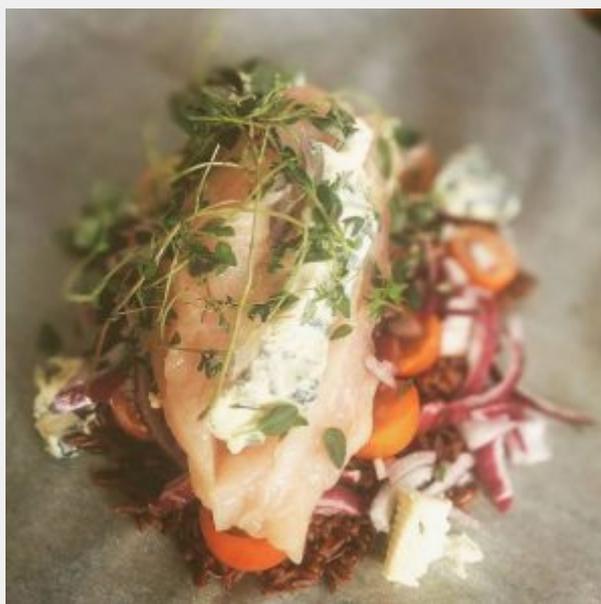
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You might also like

- » [Parcel Chicken](#)
- » [Avocado Pancake](#)
- » [Eggs in Blankets](#)
- » [Primark Festival Dress](#)
- » [Nut Milk](#)

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## Parcel Chicken



Parcel chicken

Chicken is one of my most favourite things to cook because there are sooooo many variations and this parcel chicken recipe certainly proves it!! In this

recipe I used red rice but you could easily use cauliflower rice or quinoa for an equally delicious dish!

So how do you make this delicious parcel chicken dish I hear you cry! Well here we go:

#### INGREDIENTS:

- Chicken breast
- 1/4 cup rice or quinoa or cauliflower rice
- fresh thyme
- vine tomatoes halved
- red onion
- Cheese of choice (I went with Saint Agur)

#### METHOD:

So the method for making the parcel chicken is really straight forward! I love a recipe where I can just set something to cook and then leave it whilst I go off and do something else! So all you need to do is boil your rice or quinoa until it's cooked (Or make your cauliflower rice). Meanwhile pre-heat the oven to 180C and make an incision into your chicken breast to make a pocket and stuff it with a smidgen of cheese.

Once your rice is cooked it's time to make your parcel chicken! So get some parchment paper and spoon your rice in to the middle of the paper, then cover with your diced red onion and halved tomatoes. Place your stuffed chicken on top and then cover with fresh thyme. Then wrap your mixture up in the parchment paper like you're wrapping a parcel and then pop it on a baking tray and put it in the oven. This should take around 30-35 minutes to cook through but definitely keep checking it just in case!

And then when your oven timer goes off you will have parcel chicken for dinner!

Love Roo xx

#### Recommended for you

- » [Chinese stirfry](#)
- » [Total Body Circuit](#)
- » [My Vitamins Complete Sleep](#)

- » [10th Day of Fitmas](#)
- » [Coconut Matcha Truffles](#)

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## Ketones

### Raspberry Ketone and Green Coffee Bean Supplement Review



raspberry ketones and green coffee bean extract

It's that time of year where everyone starts thinking about their upcoming summer holidays. The clocks have gone forward for the spring so the nights are staying lighter for longer and there's that feeling in the air of a fresh start and making changes and really starting to refocus and motivate yourself to pick up those slightly forgotten new years resolutions!

I'm no different! It's really difficult to keep on track when all you want to do is hunker down on the sofa with a blanket and watching Netflix boxsets back to back instead of hitting the gym hard! I've been feeling really sluggish after taking some time off from exercising due to being unwell and now it's time to kickstart and as part of this I will be using some Raspberry Ketone and Green Coffee Bean supplements to help keep my energy levels up and to help store less fat! I will be trialling these over the next month and will be updating and reviewing on my progress.

So firstly let's talk about the benefits of [raspberry ketones and green coffee beans](#)! These supplements are designed to balance blood sugar levels

and boost general health and wellbeing. The raspberry ketone extract is claimed to help cause the fat within cells to break down more effectively and therefore helps the body to burn fat quicker. Raspberry ketones also help to increase levels of adiponectin, a hormone which helps regulate metabolism.

The second bit; green coffee bean extract also works alongside the raspberry ketones by providing an active ingredient called chlorogenic acid. This is believed to boost metabolism by up to 11%! It also reduces the absorption of carbs and lowers blood sugar levels and spikes in insulin.

So it's fair to say that combined the benefits of both the raspberry ketones and the green coffee bean extract should assist a well balanced diet and regular exercise to achieve weight loss goals.

It's really important to remember that there is no such thing as magic beans and these are a supplement to assist. A healthy and active lifestyle combined with a clean diet is key and these should give you the extra help along the way, and will help your body to stay fuelled with the energy need for all of the exercise!

I will post before and after pictures in 4 weeks time and then you can be the judge of whether or not these raspberry ketones and green coffee bean extract supplements are worth while.

If you've tried them before, why not share your experience of them!

Love Roo xx

## Must reads

- » [Pyramid Workout #2](#)
- » [Black Beans Burger](#)
- » [Spot Reduction – It's A Myth](#)
- » [Pancake Recipe](#)
- » [My Vitamins Total Acai Berry](#)

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## Hummus



Homemade Hummus Recipe

Hummus is amazing! It's the one thing I cannot avoid when there are snacks out at a party! And the great thing is that if you make your hummus at home it's super duper healthy ☐

Hummus seemed like a really daunting thing for me to make but it's actually surprisingly easy. It takes a few minutes to make and a few minutes to eat!

The only ingredients you'll need to make this is:

- 1 tin of chickpeas (drained)
- 1 red pepper chopped roughly
- 1 clove of chopped garlic
- 2 tbsp tahini paste or almond butter.

To make your hummus simply pop all of the ingredient into a blender and blitz until it's smooth. Spoon into a jar and refrigerate until you want to devour it! I like having mine with slightly heated pitta bread, sticks of pepper or carrot sticks ☐

Hope you enjoy!! Why not follow [my instagram account](#) for more delicious recipe inspiration! And share your own by tagging me @RooDeRennes.

Love Roo xx

## You might also like

- » [Hummus](#)
- » [Muscle Strength Imbalance](#)
- » [How To Make A Smoothie](#)
- » [Chickpea Snacks](#)
- » [Metallic Temporary Tattoos](#)

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## Healthy Snacks



Healthy Snacks – Rosemary Roasted Pecans

So the January resolutions of getting fit and healthy are in full swing but there is one thing getting in your way; healthy snacks! So many people fall at this hurdle, they're at work and suddenly the munchies take hold of you and you're suddenly starving and it's hours until lunch time! Noooooooo! Then you check your purse and trundle off to the vending machine and buy the "healthy" flapjack! Be prepared people! Making your own healthy snacks so you can have a stash in your bag or in your desk drawer is a great way to make sure you don't fall off of the wagon! My latest healthy snack was inspired by Madeleine Shaw and is so quick and easy to make that you'll be kicking yourself for not having done it sooner!

Rosemary roasted pecans is the best of all the healthy snacks! Firstly in my opinion pecans always taste better when they're roasted and secondly nuts have all of the yummy good fats that you need in you want and not all of the bad sugary fats that you want to avoid.

So here's what you do. Preheat your oven to 160C. Take your pecans and scatter them on a baking tray. Drizzle some melted coconut oil over them or some rapeseed oil. Then take some fresh rosemary and fling across the nuts! Shake the tray so everything gets all mixed together. Then bake in the oven for 25 – 30 minutes. Once the nuts have cooled a little, take some kitchen paper and put it on the work surface, then sprinkle the nuts on top then get some more kitchen paper and put it on top and then dab the nuts just to get off any excess oil, pop the nuts in a little baggy or tupperware container, and now you have the ultimate, most delicious of all healthy snacks at your fingertips whilst you are on the go!

Love Roo xx

## Recommended for you

- » [Core Tabata](#)
- » [Ketones](#)
- » [Paleo Christmas Dinner](#)
- » [Halloumi Cheese Recipe](#)
- » [Arm Tabata Workout](#)

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## Butter Chicken Curry

Butter Chicken Curry is the ultimate fakeaway! Dieting is hard right? Wrong! Living a clean eating life is actually really easy because you get to make your own version of your favourite butter chicken curry takeaway at home. For less. And with fewer calories. And with more nutrients. Yay! Imagine how good it feels to eat the naughty food which isn't actually all the naughty and you can leave the table without the horrible greasy bloated gut feeling!

Well imagine no more. Try out this butter chicken curry recipe with either wholegrain rice or quinoa (non-paleo option) or [cauliflower rice](#) (paleo option):



Butter Chicken Curry – Clean Eating Recipe

Marinade – mix together:

1/2 can coconut milk

1/4tsp coriander

1/4tsp cumin

1/4tsp garam masala

1/4tsp paprika

1/4tsp turmeric

4 chicken breasts diced

Then sauté 5 cloves garlic diced, and a small chunk of ginger diced, then add 1/4tsp each of coriander, garam masala and cumin.

Mix together

Then add the marinade chicken

Then add the remaining 1/2 can of coconut milk and 1 carton of pasata

Serve on whole grain rice (or cauliflower rice if paleo) with a spoonful of Greek yogurt and some chopped parsley or coriander sprinkled on top

#curry #recipe #paleo #cleaneating #rawsome  
#healthy #foodie #notadiet

Love Roo xx

## Must reads

- » [Hearty Chorizo, Kidney Bean & Veggie Soup](#)
- » [Healthy Snacks](#)
- » [Pyramid Workout #1](#)
- » [Butter Chicken Curry](#)
- » [Chimichurri](#)