

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!

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- » [Butter Chicken Curry](#)
- » [Healthy Snacks](#)
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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

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Caribbean Chicken



I love a bit of spice and eating clean, this Caribbean chicken recipe is the perfect meal for adding some flavour and as few calories as possible to your plate. Caribbean chicken is not only flavoursome but it's so colourful too! I like to try and get as much colour into my dish as possible.

Caribbean Chicken Ingredients:



- 2 Chicken Breasts
- 2 sweet potatoes cubed
- 4 cloves garlic diced
- 1 tsp chilli powder
- 1 tbsp Dunns River Chicken Seasoning
- 1 tbsp coconut oil
- 1 spring onion thinly sliced
- 1 green chilli diced
- 1 red pepper diced
- 400ml chicken stock
- 1 tin chopped tomatoes
- 1 tin kidney beans (or substitute black beans if you prefer)
- 1 handful of fresh coriander finely chopped

Caribbean Chicken Recipe Method:

1. Firstly chop all of your veggies and mix in a bowl and put to one side
2. Dice the chicken into bite size chunks
3. Put 1 tbsp of coconut oil in the pan to heat up and melt, then add your chicken
4. Cook the chicken for 5 – 10 minutes
5. Add 1 tbsp of your Caribbean Chicken seasoning mix
6. Add 1 tsp of chilli powder
7. Cook for a couple of minutes and stir to ensure the chicken is evenly coated
8. Pop all of your veggies into the pan and mix well
9. Add the chopped tomatoes and chicken stock
10. Bring to a boil and then reduce to simmer
11. Cook for 30 minutes stirring occasionally to ensure it doesn't stick to the pan, add more water if necessary
12. Drain and stir in the kidney beans and cook for a further 5 – 8 minutes
13. Scatter chopped coriander over the top of your Caribbean chicken and then devour!

Who knew that a healthy, paleo, clean eating Caribbean Chicken dish could be so easy to make?! If you want something on the side try making some cauliflower rice to have with it.



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- » [Superdry Multi Folk Stitch Mini Skirt](#)
- » [Ketones](#)
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Sausage Crust Sweet Potato & Spinach Quiche



I am a HUGE meat eater! I genuinely couldn't live without it! To curb my meaty cravings I love making this sweet potato quiche with a sausage crust instead of a pastry one

Ingredients:

- 500g Sausage meat
- Medium sweet potato cubed
- 1/2 cup diced red onion
- handful of spinach
- 3 eggs
- 2 cloves garlic
- 1 tsp mixed herbs
- 1/4 tsp oregano

Method:

1. Preheat oven to 180C
2. Get a pie dish and press the sausage meat into the base and up the sides to form your crust, really squish it into place. I used the back of a spoon to really get it against the sides
3. Cook the sausage meat for 20 minutes
4. Then in a pan, cook your onions and sweet potato
5. Once the potatoes start to become tender should be about 5 – 7 minutes add our spinach and cover the pan to let the steam wilt the spinach
6. After a couple of minutes remove from the heat and add in the herbs.
7. Once the mixture has cooled a bit then add the eggs and stir.
8. Once your sausage meat has reached the 20 minute mark, remove from the oven and add in the sweet potato egg mixture and cook for a further 30 minutes. I love my quiche hot so I ate it straight from the oven ☐

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Must reads

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Paleo Minced Beef & Bacon Meatloaf



One of my favourite meals is meatloaf, it really feels like a warm hearty meal and fills you up nicely! It tastes delicious with mashed potato and some onion gravy! mmmmmmm.....

Ingredients

- 650 grams of Minced Beef
- 8 rashers of bacon diced
- 1/4 cup of ground almonds
- 3 eggs
- 1/2 cup diced red onion
- 1/2 cup of peppers diced
- salt and pepper to taste

Method:

1. Preheat the oven to 180C
2. Mix together all of the ingredients until everything is bound together.
3. Pour the mixture into a loaf tin
4. Cook for 1 hour until cooked through

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Recommended for you

- » [Make-Up & Travelling Light](#)
- » [How To Be Your Own Coach](#)
- » [Pyramid Workout #2](#)
- » [healthy breakfast alternative of egg and pepper](#)

Hello Fresh Food Box – Review



I recently received my first Hello Fresh food box. Some people like beauty boxes I like food boxes, and I can guarantee I got just as excited opening it up to view my ingredients and to see if I was going to discover anything new and magical! And I was not disappointed. As someone quite new to the food and recipe world I quite frequently see things in

the supermarket and wonder what a certain herb or spice can be used for, but am reluctant to buy them because I don't know if I'll like it or what meals it is best served with to maximise the flavour and then I make a mental note to go home and google it and then I forget as soon as I've got back to my car with my groceries! So that's what is great about the Hello Fresh box, if you're adventurous you can receive a treasure trove of delights and you're being given a recipe to try it out in straight away. This week I have discovered Panang and Shawarma seasoning and they did not disappoint!

In my Hello Fresh box I received 3 meals for 2 people. In my opinion the portion estimates of that were on the large side so I would say that you could stretch that to 3 or 4 portions, which is great for me because it meant that I could box up extras for lunches during the week as well as have it for my main meal in the evening. I was sent Shawarma Chicken with flatbreads, Thai Pork Panang Curry and Chicken Tarragon recipe cards and ingredients. They arrive wonderfully packaged and the vegetables are MASSIVE! So great quality in comparison to what you would find at your average chain supermarket! All of the small bits and bobs were separated into a little brown bag, and everything that needed to be kept chilled was wrapped up in a chilled section so there were no concerns on my part regarding the products getting overheated and unsuitable to consume. And what I also love about the packaging is that it is recyclable and Hello Fresh encourage you to

recycle the chilling compartment by returning it to them via Collect+. So I am also really pleased that they are environmentally conscientious too ☐



I have to say that the boxes are only good if you're not too fussy! My other half is a bit of a fussy spot and he wouldn't have eaten anything we were sent (worked out great for me!) but he is a meat, potato and peas man and there is no changing him! So for this to be of use and value to you, you will need to be a bit on the adventurous side and not worried about surprises! You can also specify whether your vegetarian etc. so specific dietary requirements can be catered to, so at least you can eliminate the risk of a meat surprise!! As I mentioned though I loved the surprise and being introduced to new herbs and spices, and what's great is that you also get to keep the recipe cards and if you like them you can recreate them again and again. I am definitely going to keep mine and use them for inspiration and tweak them and add and remove bits and build my own version of them for future use.



Chicken Shawarma – Hello Fresh Recipe

The recipe cards are so simple to follow as well. What looks like a complex dish is actually broken down in to small bite size chunks and it doesn't take

an awful lot of time or concentration to pull together your culinary delight! You can check out their [recipe archives](#) on their website as well, so they've got great visibility of all the recipes sent out and they also allow you to view what's coming up!



Thai Pork Panang Curry – Hello Fresh Recipe

The majority of the recipes had a decent calorie count per portion – around the 500 / 550 mark – and I liked that it gave you the nutritional breakdown per serving as well. So you can be fully educated in what you're putting in to your body.



Chicken Tarragon – Hello Fresh Recipe

So I suppose the final question to answer is; is it good value for money? I am finding this one a difficult one to answer because it depends on where you put your values. If you consider the time taken to research recipes yourself, writing a grocery list, going to purchase it and the cost of the petrol to get there on top of the cost of the groceries themselves then I would absolutely say that it is great value for money and would thoroughly recommend it. However, for me personally given that only 3 meals are provided

at a cost of £42, that means that I still have to purchase another 4 meals on top of that and it becomes a much more expensive shop for that week. Would I use it again though? Absolutely! For me and my lifestyle I don't think it's practical to order this weekly, but I would definitely order this for special occasions or if I was having a staycation. This would be fantastic to have delivered to your home to pack up and take away for a lovely weekend break away in a self catering cottage with friends or family, or if you are having people to visit for Easter and you want a meal with the wow factor, or if you want something delivered for half term weeks because you're trying to manage the kids along with all of those household chores that don't get done by magical fairies! This is a great solution for a healthy, fresh dinner to give you and your family delicious hearty home cooked meals, packed with nutrients and full of flavour without all the fuss and hassle of getting it all together yourself!

If you're not certain and don't want to sign up straight away you can order a [trial box](#) and see what you think. But like I said it is definitely something I would get again and I would recommend it, just because it doesn't fit in with my lifestyle at present doesn't mean that that won't change and I think it is a great way to discover new food!

Love Roo xx

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Paleo Agave, Mustard & Garlic Chicken

agave mustard and garlic chicken



@RooDeRennes

This recipe is absolutely scrumptious and tastes awesome with sweet potato and spinach mashed potatoes!

To make this dish all you need is:

- 2 Chicken Breasts
- 1/3 cup dijon mustard
- 1/4 cup agave nectar
- 2 cloves garlic crushed
- 1 tbsp apple cider vinegar
- 1 tsp rosemary
- 1 tsp thyme

Firstly preheat the oven to 180C

Then mix together the mustard, agave nectar, crushed garlic, cider vinegar, rosemary and thyme.

Place some parchment paper in a small roasting tin and place the chicken breasts on top.

Then spoon the agave mustard mixture over the chicken breasts and ensure they

are evenly coated.

Cook for around 30 minutes until chicken is cooked through.

Love Roo xx

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- » [Chickpea Snacks](#)
- » [My Vitamins Total Acai Berry](#)
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Baobab



Baobab has been Africa's best kept secret – until now! It's hit the UK and US shores with a force to be reckoned with and has become one of the THE superfoods that everyone is talking about and is adding to their diet. And here I am going to talk about why and how you can implement this into your

diet.

So let's start with why Baobab is the superfood literally on everyone's lips! This fruit can be devoured fresh but also comes in powder form. The Baobab fruit is packed with vitamins and minerals essential for a healthy diet. It is high in vitamin C which is a big fat tick in my box. Vitamin C is really going to help keep your heart healthy and can help to prevent varicose veins, it also helps you to form collagen and elastin (wrinkle banishing shiz!). If that hasn't sold you then let's continue; vitamin C helps to cleanse your liver and is a great detoxifier as well as really boosting your immune system. We all know that we need micronutrients i.e. minerals in our diet, now the baobab fruit doesn't contain all of the minerals you need in your diet but it does have a lot! It's loaded with calcium, copper, iron, magnesium, sodium, zinc and potassium. Potassium is great because it helps to promote a healthy nervous system, and your nervous system is linked to how your stomach works during the whole digestive process, so if your nervous system is working your stomach can do it's job properly and you will have a happy and healthy gut!

Okey dokey, so I think I've covered why you should jump on the baobab bandwagon, now let's talk about how you can get this superfood into your diet. I am the first person to admit I dislike fruit. It is something I have always struggled to eat because of the texture, so the fact that baobab comes in powder form is perfect for me. I've been adding it to my protein shakes, you can pop it in with your smoothies, you can add it in with your baking, sprinkle it over your oats, or even pop it in with any raw cacao desserts you've been making. You can quite easily pop it anything that takes your fancy! Just bear in mind that I found it had quite a sharp zesty flavour, so maybe dip your finger in and have a taste before you start adding it to your meals, you don't want to add too much and be in for a shock!

Love Roo xx

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- » [Hearty Chorizo, Kidney Bean & Veggie Soup](#)
- » [Leg Tabata Workout](#)
- » [Are Eating Habits Contagious?](#)

Hearty Chorizo, Kidney Bean & Veggie Soup

I am soooooo in love with a nice warming soup, especially when there's such a chill in the air, it warms your cockles and muscles alive alive-o! Added bonus it's a one-pot dish so minimal washing up afterwards – it's win win!



Ingredients

1. 3 garlic cloves
2. 1 red onion
3. 2 tbsp coconut oil / ghee
4. 1 red pepper
5. 1.5 – 2 tbsp tomato paste
6. 1.5 pints vegetable stock
7. 1 medium sized sweet potato
8. half ring of chorizo
9. 1 courgette
10. 1 tin of kidney beans
11. 1 tin of coconut milk (use cream at top)

Method:

1. Melt the coconut oil or ghee in a large saucepan
2. add the chopped garlic cloves and onion and fry for a couple of minutes
3. Then add the red pepper and fry for a couple more minutes
4. Add a small amount of the vegetable stock and tomato paste to a measuring jug and mix until thick
5. add this to the pan and then add the remaining amount of stock and potatoes
6. bring to the boil and simmer for 30 minutes stirring occasionally

7. then add the courgette and chorizo and kidney beans (drained) and stir.
 8. cook for 15 minutes
 9. then add the coconut cream and cook for a further 15 minutes
- Serve and devour!

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- » [Pancake Recipe](#)
- » [Ketone Review](#)
- » [12 Days of Fitmas](#)

Late Night Snacker – How to stop your Snacks in their Tracks



Are you a late night snacker? I used to be and oh boy let me tell you how this was such a hard habit to break! And unfortunately if you want to lose those extra pounds then you've got to break this habit ☹ Sorry to be the

bearer of bad news. The reason why late night eating is bad for you is because of the way your body functions; at night time your metabolism will start to slow down, also your body will be digesting food whilst you're sleeping; whilst these doesn't seem so terrible it does have a knock on effect because your body is working hard at digesting the food it's not helping your body to rest and restore itself, this means you will probably have interrupted sleeping patterns and when you're tired and cranky the next day you want to reach out for the bad foods that's going to give you a sugar rush to pick you up again. Not good. Read on to hear my tips for stopping your snacks in their tracks!

I've had people ask me about this a few times and those that have heeded my advice have been so grateful to have finally broken the cycle. It remains a challenge sometimes but it's all about noticing what triggers you to want to snack and how you can stop it.

Firstly – make sure you're actually eating enough calories during the day. Use a calorie tracking app to calculate what you've eaten in comparison to what you've burned and what you need to burn in order to achieve your goals. Make sure you are hitting this target by your last meal of the day.

Secondly – Ensure that the calories you are consuming are good fuel. you're going to feel a lot fuller by feeding yourself with lots of veg and protein than you are with a chocolate bar. So it's not just about eating your allocated calories, it's about evaluating what fuel you are putting into your body.

Thirdly – Find out what your trigger is. Are you bored? Are you thirsty? Is it because the darned adverts late at night all seem to be food based?! (this really bugs me!) Find out what is making you get up and go to the fridge or the cupboard and be honest with yourself. Once you've found out what it is, you can become aware of it and try and counter balance it. Bored? Pick up the phone and talk to someone, that'll take your mind off of your belly! Drink some water, so many people mistake thirst pangs as hunger pangs. If it's the adverts, maybe you could mute them, or maybe you could quickly do something away from the tv, like do the washing up, anything to not focus on it. Don't be a sucker for advertising!

Fourthly – Don't have the bad snacks in the house. It is hard to resist temptation sometimes and if it's there you want it. If it's not in the house then you can't eat it.

Finally – And this may sound a bit extreme but if you still can't ignore it go to bed! I've done this a few times and the extra hour's sleep has actually done me more good than eating something and having an interrupted nights sleep because of it.

Well I hope my advice helps, and believe me when I say I have been there and I feel your pain, even now as I'm writing about food at 10pm is making me dream of naughty nibbles but what I'm going to do is get a cup of tea and read a book before having a good nights kip! And I hope you can do the same! And on that note I also want to say if you do cave in, don't beat yourself up because it is hard, just don't let that be an excuse to keep doing it day after day. Don't let one bad day turn into a week. Try your best every day and it'll get easier ☐

Love Roo xx

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- » [Coconut Matcha Truffles](#)
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- » [Salsa Recipe](#)
- » [Spot Reduction – It's A Myth](#)