

Week 50 (2015)

I EAT PASTA

Strange thing for me to say and especially in the holiday season but I am increasingly including pasta in many of my meals and that includes: Breakfast, Lunch, Dinner and packed meals. When I say I eat pasta I am of course referring to the 'Really Healthy Pasta' made from legumes that I introduced you to earlier this year.

Legume pasta is Really Healthy Pasta – especially compared to the wheat or rice pasta available. Really Healthy (Legume) Pasta is super rich in protein, fibre, vitamins and most of the important minerals (such as iron and zinc) so you can see the reason why I view it as a staple for every meal.

You may have read that recently Anne and I drove to the UK through Europe. Anne made delicious cold pasta meals in food containers for us to eat rather than go to roadside cafes where the food is guaranteed to be dubious.

For people like me who for the first 40 years of my life didn't know what a legume was, healthy legumes are: lentils, black beans, mung beans, peas, chickpeas and green beans. However, there are also legumes that may be unhealthy such as: peanuts, soybeans and uncooked kidney beans.

Really Healthy Pasta makes an excellent healthy replacement for potatoes, rice, fries, chips, and ordinary beans in your meals.

It is really useful for me to grab a quick lunch as Anne usually has some cold ready cooked Really Healthy Pasta in the refrigerator and it takes me 60 seconds to crumble some canned tuna and add a handful of olives and maybe some feta cheese or sun-dried tomatoes and I am all set for a delicious lunch.

Whether it is my 60 second quick lunch, Pasta Salad, Bowl of Chili, Pasta Bake, a curry or simply Poached Egg on Pasta mixed with Cooked Spinach (my breakfast favourite) you will be assured of a really healthy and hearty meal

Have you tried Really Healthy Pasta Yet?

Since I introduced Really Healthy Pasta earlier this year we have developed a number of fans from those who have tried it but this is a small amount compared to the 100,000+ people who get my newsletter and magazines.

It is free from any unhealthy grains and wheat and contains just the one clean ingredient (organic Red Lentils or organic Black Beans). We consider it the perfect 'healthy meal replacement' and ideal whether you are just looking for healthy eating or on a specialist



diet – it's Gluten Free and Low GI. It is high in protein, iron and fibre, it tastes delicious and can be prepared in 5-10 minutes!

For more information [click here](#)

Use code **HEALTHYPASTA** to receive 10% off any pasta order in the Good Health Naturally store, till 26th December. For any questions, whether on the pasta itself or health in general please [Click Here](#).

Otherwise it just leaves me to wish you all a Merry Christmas and a Healthy New Year! Don't forget that Good Health Coaching Centres can guide you to good health in 2016 so register your interest [here](#). This is a complimentary service available for everybody, whether you have a small health problem or are seeking major health recovery.