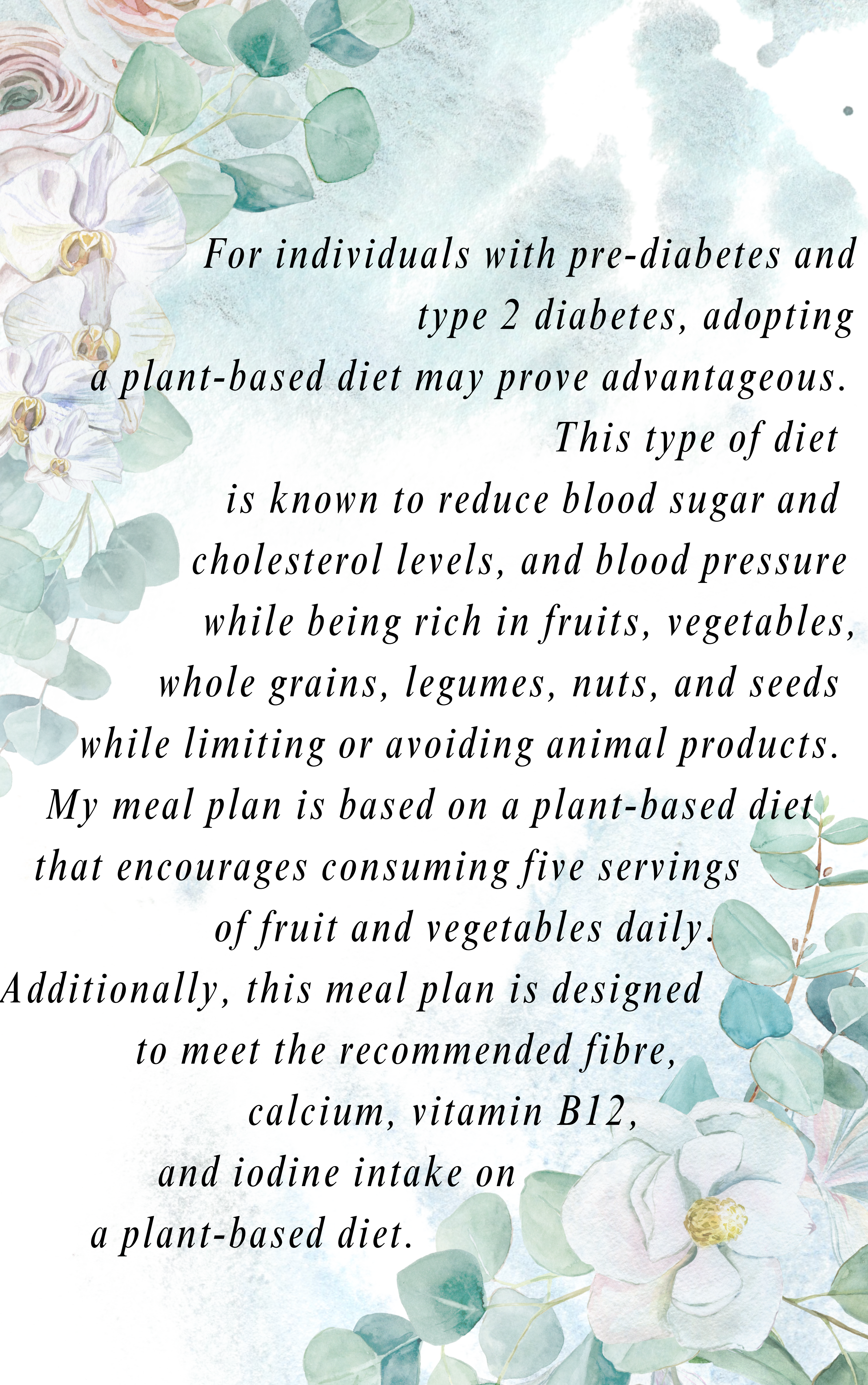


# MY RECIPE BOOK

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TREE OF LIFE - HEALTH INSTITUTE

A watercolor illustration of various flowers and green leaves. In the top left, there are pink and white roses. Below them are several light purple flowers with yellow centers. In the bottom right, there is a large white flower with a yellow center. The background is a soft, light blue wash with some darker blue and green accents, suggesting a natural, garden-like setting.

*For individuals with pre-diabetes and type 2 diabetes, adopting a plant-based diet may prove advantageous.*

*This type of diet is known to reduce blood sugar and cholesterol levels, and blood pressure while being rich in fruits, vegetables, whole grains, legumes, nuts, and seeds while limiting or avoiding animal products.*

*My meal plan is based on a plant-based diet that encourages consuming five servings of fruit and vegetables daily.*

*Additionally, this meal plan is designed to meet the recommended fibre, calcium, vitamin B12, and iodine intake on a plant-based diet.*

# Breakfast



# *Porridge with blueberries*

## *Ingredients:*

*40 g porridge oats*

*200 ml almond or coconut milk  
(unsweetened)*

*1 tbsp. flax seeds*

*1 tbsp. chia seeds*

*80 g blueberries*

*Handful of nuts*

## *Method*

*1. In a saucepan put the oats and add milk and bring to a gentle simmer. Cook gently over medium-low heat for 5 to 10 minutes, stirring often. Finish with a pinch of salt stirred through.*

*2. In a bowl add 1 tbsp. chia seed and add 3 tbsp. water and leave for 5 minutes, mix it well.*

*3. Grind the flax seeds in a coffee grinder and add it to the porridge*

*4. Decorate with blueberries and a handful of nuts.*

*Hint: You can bake the porridge in the oven for 30 minutes at 180 C and add grated apple. You can add ginger powder and/or cinnamon.*

*I recommend using Plenish milk as it is Organic and naturally unsweetened.*

*Lunch*





# Red Lentil Vegetable Soup

A delicious red lentil soup with carrots, onion, kale and tomatoes.

Prep Time: 30 minutes.

Cook Time: 45 minutes.

Total Time: 1 hour and 15 minutes

Servings 4 people

## Ingredients

- 2 tbsp. extra virgin olive oil
- 1 large white or yellow onion, chopped
  - 4 cloves garlic, minced
  - 1 large carrot, chopped
  - 250 g cherry tomatoes
- 1 cup red lentils, rinsed about 200 g
  - 4 cups vegetable broth
- 1 tsp sea salt, plus more for seasoning
  - 1 tsp paprika
- 2 cups kale, chopped about 60 g
  - 1/2 tsp lemon juice
  - Parsley to decorate.
- A couple of slices of toasted sourdough rye bread



## Method:

1. Heat the olive oil in a pot over low/medium heat. Add the chopped onions and carrots. Simmer for about 5 minutes until the onions are translucent.
2. Add the garlic and sauté for a few more minutes.
3. Then, add the whole chopped cherry tomatoes and lentils. Stir, and then add the vegetable broth. Add the salt and paprika,
4. Simmer over medium or low heat, stirring occasionally, for about 30 minutes or until the soup has thickened. Taste and add more salt and pepper if needed.
5. Once the soup has thickened, stir in the chopped kale. Simmer for a few more minutes.
6. Then add the lemon juice to taste.
7. Drizzle with chopped parsley.
8. Serve in bowls and top with the sourdough bread.
9. Enjoy.





*Dinner*

# *Stir-fry with tofu and rice noodles*

*Preparation time: 15 -20 minutes.*

*Cooking time: 30 minutes*

*Serves 4 people*

## *Ingredients*

- 1 garlic clove, crushed*
- 1 tbsp. soy sauce*
- 1 tbsp. Fresh root ginger, peeled and grated*
  - 400g firm tofu cubed (Naked).*
  - 2 tbsp. olive or avocado oil*
- 1 cup red pepper, sliced into batons*
- 1 cup carrot, sliced into batons*
  - 200g edamame beans*
  - 220g brown rice noodles*
- 1 cup spring onions, sliced on the diagonal*
  - 200g beansprouts*
- 100g unsalted cashew nuts, chopped*



## *Method*

- 1. Mix the garlic, soy sauce, and ginger. If it is very thick, stir in 1–2 tablespoons of hot water from the kettle. Stir the tofu into the sauce and set aside while you prepare the vegetables.*
- 2. Boil the kettle ready for the noodles.*
- 3. Heat the oil in a wok over medium heat. (Tip: you can use water instead of oil to sauté the vegetables and then add the oil.) Add the pepper and carrot and stir-fry for 2 minutes, Add the edamame beans and stir to mix.*
- 4. Put the noodles in a pan, pour over boiling water and leave to soak for 2-3 minutes, or according to pack instructions.*
- 5. Add the marinated tofu, spring onions and beansprouts to the wok and stir. Drain the noodles, add to the wok and stir until evenly mixed. Scatter with the chopped nuts and serve.*
- 6. Enjoy.*



**Hint:** This healthy plant-based stir-fry packs plenty of veggies for an easy midweek meal. The tofu will have a delicious taste if marinated in a satay-style sauce; leave it to marinate while you prepare the vegetables and boil the kettle for the noodles.



Are you experiencing problems with digestion or cravings for sugar?  
Have you struggled to control your weight, no matter what you eat?  
You're in good hands with me.

Do you want to know what to do if you've been diagnosed with Pre-  
Diabetes or Type 2 Diabetes?

You can work with a professional to get your New Start Health.  
Reverse your blood glucose levels with a nutritious diet.

Hi, I'm Miroslav Petrov. I am a qualified Nutrition Therapist, Health  
Coach and General Assistant Practitioner. I have been working with  
people like you with pre-diabetes and type 2 diabetes and men with  
various health problems.

Type 2 diabetes and weight gain are global burdens, and my focus is a  
holistic approach by implementing diet and lifestyle changes.  
I work on a one-to-one basis, and taking a holistic approach has proven  
successful.

Would you like to improve your health and life and take it to the next  
level?

A healthy lifestyle can be achieved with patience and dedication.

Get in touch with me if you'd like to live a healthier and happier life.

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