

I am Jenny Davison, a qualified nutritional therapist and former international sportswoman. Having been forced to stop competing due to injury, I found myself living the same kind of busy, stressful, everyday life as everyone else, and trying to fit a healthy nutritious diet around a busy lifestyle. When my health began to suffer, I used food to help me and that was when I realised how much I had to offer others. I am passionate about working with people, to help them build their confidence and change their relationship with food which is why I set up Active-Eat.

I will work with you to devise a customised program to achieve your goals. This is not a quick fix, 'fad' diet, or a supplement programme it is the starting point of a new healthier lifestyle which will leave you energised, healthier and help you to reach and maintain a healthy weight, whilst eating delicious foods that you enjoy!

Active-Eat works with all kinds of nutritional goals, which may include (but are not limited to)...

- Sports Nutrition Support
- Weight Loss
- Hormonal imbalances
- Increasing Energy
- Improved Sleeping Patterns
- Support for Existing Illness/ Imbalance
- Support During Stressful Periods
- Improved General Wellbeing

"Over this year I have seen a massive improvement in my performance in canoe slalom, especially having energy to work as hard as I can to get to the bottom of a course in the fastest possible time." - Rick, Canoe Slalom Athlete

"Jenny has come up with some great training snack and meals, her power bar flapjack is a food group all on its own!" - Connor, GB Junior Canoe Slalom Team)

"Hallelujah: finally you're going to eating proper food rather than starving and snacking!" - Client's husband



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**Nutritional Therapist**

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**Quote reference AE100 to claim introduction offer...**



## Summer Wraps

### Ingredients:

(makes 2, depending on size)

- 4 tbsp houmous
- 1 carrot
- Few stems of purple sprouting broccoli (normal broccoli is fine)
- Handful of mixed lettuce leaves
- 2 sprigs of basil
- ½ beetroot
- 6 cherry tomatoes
- 2 wholemeal tortilla wraps

### Method:

1. Place all of the vegetables onto a large chopping board and roughly chop everything together until it is all mixed up
2. Put the chopped up ingredients into a bowl and mix well
3. Put 2tbsp (or more if desired) houmous onto each wrap
4. Place a large handful of the mixture on top of the houmous and fold as desired. I fold in each side and then roll the wrap closed
5. Enjoy!



## Lemon Truffles

### Ingredients:

(makes 20, depending on size)

- 125g raw almonds
- 170g pitted dates
- 2 lemons
- 20g desiccated coconut

### Method:

1. Place the almonds on a baking tray and bake for 10mins at gas mark 4 / 180C. Alternatively, you can buy unsalted roasted almonds
2. Chop the almonds in food processor
3. Juice the lemons then add lemon juice and dates into the machine. Blend until they are all coarsely mixed
4. Put the coconut into a small bowl
5. Using your hands, form little balls
6. Roll the balls in the coconut
7. Enjoy!