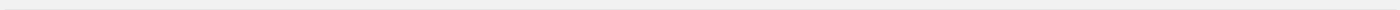




#WholeNZ

July Newsletter

**Reversing Type 2
Diabetes with
#WholeFood**



Content



Cutting Edge Research Insights

Impact of 8 lifestyle factors on mortality

A Success Story: Maree's Journey

Transformative journey: From insulin dependency to health advocate

In The Loop...

Sign up for The Collective

Te Ngako Oranga project progress to date

Share the newsletter

Mangakino Community Korero (conversations)

Meet Jared Cannons

A Certified Health Coach making a positive impact on whānau wellbeing

Budget Friendly Tips

Budget-friendly whole food reduced carbohydrate diet tips

Culinary Delight

Chicken Fajita Bowl

Reversing Type 2 Diabetes with #WholeFood

IMPACT OF 8 LIFESTYLE FACTORS ON MORTALITY AND LIFE EXPECTANCY AMONG UNITED STATES VETERANS: THE MILLION VETERAN PROGRAM

What was interesting to me:

- Each additional lifestyle factor adds years to life expectancy
- Males who adopted all 8 low-risk lifestyle factors could gain 24y of life expectancy at age 40y, and females could gain 20.5y of life expectancy at age 40y compared with those adopting zero low-risk lifestyle factors at age 40y.
- In individual order the biggest effects for death were [the closer the multi adjusted hazard ratio to zero favours that individual healthy lifestyle over not achieving it]

- HR=0.54 Physical activity of ≥ 7.5 METs-h/wk
- HR=0.62 No opioid use disorder
- HR= 0.70 Never smokers
- HR= 0.71 Manage stress without anxiety/depression
- HR= 0.81 No excessive alcohol consumption
- HR= 0.79 Whole-food, predominantly plant-based eating pattern
- HR= 0.82 Restorative sleep
- HR= 0.95 Positive social connections

In other words physical activity was the biggest modifiable risk behaviour and pretty much halves your chances of dying of anything. The weakest was positive social connections.

Strengths:

It's a massive sample (nearly 800 000) who are followed to a deity end-point (death). There were lots of deaths which makes it easier and more robust to draw conclusions. They were able to adjust for baseline confounders. This has the possibility of eliminating many confounding variables through statistical adjustment. These variables included marital status, BMI and income.

Weaknesses:

Exactly how you measure each of the lifestyle behaviours was pretty crude and you always miss something in the way you measure sleep, diet, physical activity, stress, smoking etc. For example, a better diet quality measure might give dietary patterns a higher ranking. The plant-based slant is a bit of a worry.

It's a prospective study, so as always with these things **“correlation does not mean causation”**

MAREE BURGESS'S JOURNEY

A SUCCESS STORY

From Insulin Dependency to Health Advocate Through a Low-Carb Diet

Over the past few decades, Maree's journey with health and weight management has been nothing short of transformative. It began with Maree initially planning to begin using a weight loss medication, which unexpectedly led to a diagnosis of type 2 diabetes. Despite no family history, Maree found herself grappling with insulin dependency, using 80 units of insulin daily, and weight gain, reaching a peak of 96 kilograms.



Enter Trulicity, a medication that initially helped Maree shed 10 kilograms, curb her appetite and reduce her insulin to 50 units per day. However, like many, the festive season brought back old habits and weight. Determined to find sustainable change, Maree's path took a surprising turn when she met Dr. Glen Davies, a local GP advocating for a reduced carbohydrate dietary approach.

Sceptical at first, Maree embarked on a three-week journey of eating primarily protein in April this year. The results to date have been startling: reduced insulin intake to 25 units daily, weight loss of 6.6 kilograms and no longer taking Trulicity. Encouraged by these early successes, Maree has continued with renewed vigour, supported by Dr. Glen's guidance and her own perseverance. Dr Glen introduced Maree to a whole food, low carbohydrate diet once she had completed her 3 weeks and they are still working together.

MAREES BURGESS'S JOURNEY

A SUCCESS STORY

From Insulin Dependency to Health Advocate Through a Low-Carb Diet

Reflecting on her journey, Maree emphasises the importance of support networks and medical guidance. She started a local support group, aiming to demystify dietary changes and provide a community for those navigating similar paths. Her commitment to health extends beyond personal goals; Maree actively engages in community activities and encourages others to prioritise their well-being.



Navigating a reduced carbohydrate diet hasn't been without challenges. Maree acknowledges occasional slips and the ongoing adjustments needed to maintain progress. She highlights the need for cafes and eateries to cater to diverse dietary needs accurately, ensuring individuals like her can make informed choices without compromising their health goals.

Looking ahead, Maree remains focused on further health improvements, including managing her cholesterol and liver health. She credits her supportive husband and community connections for bolstering her resilience throughout the journey.

In conclusion, Maree's story is a testament to the power of dietary changes to a reduced carbohydrate eating approach when combined with informed medical advice and community support. Her advice to others echoes her own experiences: approach health with awareness, seek professional guidance, and foster supportive networks for sustained well-being.

As Maree continues her journey towards better health, her story serves as an inspiration to others embarking on similar paths, reminding us all that with determination and the right support, significant health improvements are within reach.

IN THE LOOP...

STAY UPDATED WITH THE LATEST NEWS AND EVENTS

Sign up for The Collective

The #WholeNZ Collective is a group of like-minded individuals that have joined together and are collectively and collaboratively working towards achieving our common goal: To promote a whole food, carbohydrate-reduction eating approach grounded in behaviour change philosophy for the prevention and management of pre-diabetes and T2diabetes in NZ

Do YOU want to be part of this collective and help to change the face of health care delivery in NZ?

Sign up here: <https://www.wholenz.org/the-collective>

Te Ngako Oranga project progress to date

- 6 practices have expressed interest in the project and we have met with the practitioners and health professionals involved
- 5 practices have signed up and have started their Reversing T2D journey
- 1 practice has signed up and is starting Jan 2025 due to change in medical systems later this year
- We have met with 2 PHOs who are interested in the project and are excited at the potential of these PHOs rolling this out to all their practices.

Share the newsletter

We welcome anyone who would like to sign up for our newsletter so please share this with friends, family, communities, practices and patients: <https://www.wholenz.org/>



IN THE LOOP...

STAY UPDATED WITH THE LATEST NEWS AND EVENTS

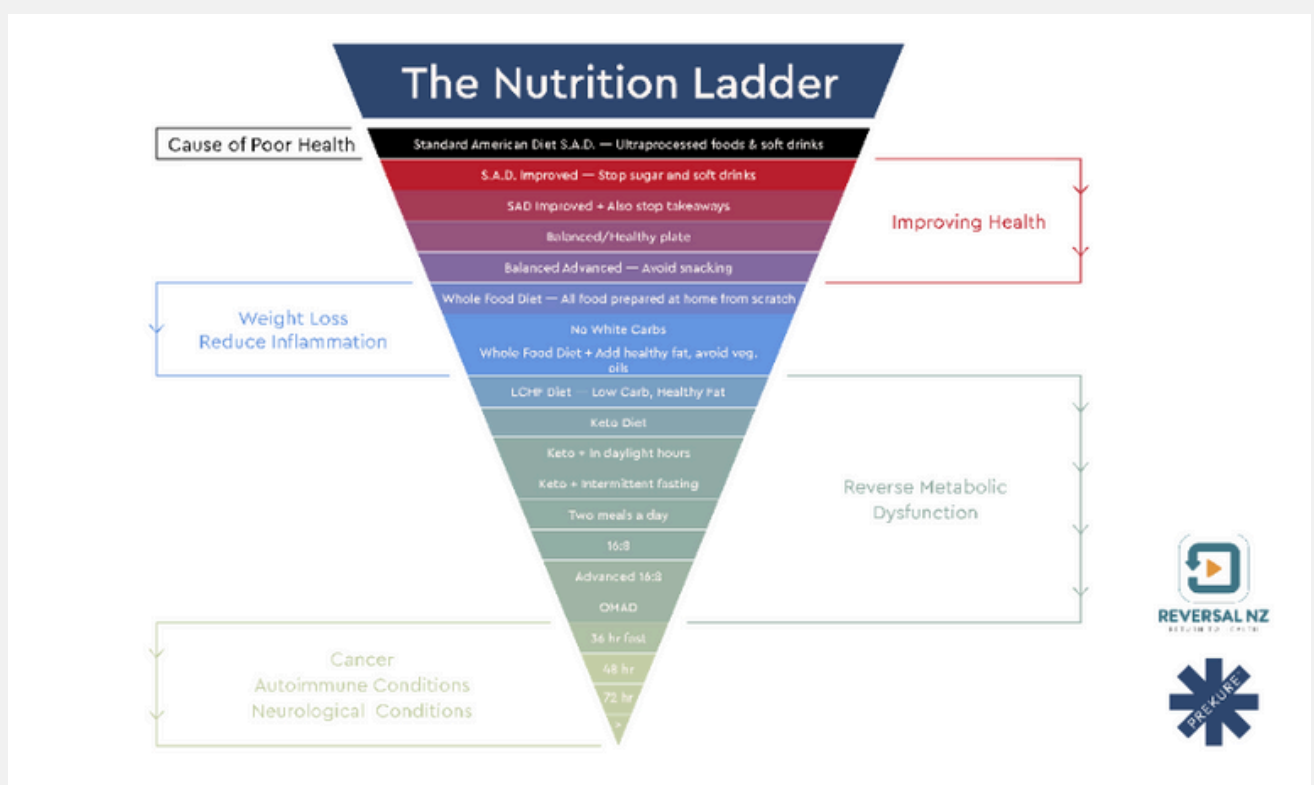
Mangakino Community Korero (conversations)

On Saturday 18 May 2024, Dr Glen Davies and Practice Nurse, Vanessa Mowat, met with approximately 60 enthusiastic members of the Mangakino community. After an engaging discussion about the 6 blue zones around the world, they issued an exciting wero (challenge) to everyone: "Why would Mangakino not be the 7th?"

Dr. Davies shared some fascinating insights into what makes blue zones unique, and suggested that "Blue Zone Mangakino" could be part of the Te Ngako Oranga research project and the #Wholenz program.

In a detailed presentation, Glen outlined the biochemical pathways of insulin resistance and how our bodies convert carbs into fat. He described the role of low carb and ketogenic diets using the Nutrition Ladder, explaining that the extent of carb reduction should match the level of insulin resistance.

The meeting was well received, with the community appreciating the format and resources provided. It was an inspiring session that left everyone motivated to make Mangakino the next blue zone!



IN THE LOOP...

PREKURE EVENTS

5th August - Winter Reset

Less than 2 weeks until our FREE online 21-Day Healthy Habits Challenge kicks off! This is the perfect opportunity to reset habits and boost your wellbeing. With daily learning, free eating guides, fitness plans, motivation and support from world-class experts in lifestyle medicine, it's ideal heading into spring. If you're keen to drop a few kilos, find more energy, and just feel happier and healthier, sign up now. We look forward to you joining us on Monday 5 August!

[Sign up now](#)

14 August - Live in Christchurch

Our next stop in the Prevention is Cure Tour is Christchurch! With a line-up of world-leading experts in lifestyle medicine, this is an event that cannot be missed. Hear from Prof Grant Schofield on "The Future of Medicine", Prof Julia Rucklidge on "Disrupting Mental Healthcare by Putting Nutrition First", Dr Louise Schofield on "Techniques to Drive Lasting Change" and Dr Olivia Currie on a "New Way of Practising Medicine." Hurry, tickets are selling fast, only \$29. Book your spot now!

[Get tickets here](#)

26 August - Free Open Night

Do you have a passion for health and wellbeing? Would you like to do more to help others lead happier, healthier lives? Perhaps you're not fulfilled in your current career and instinctively know that you have more to give. Maybe you're frustrated with our broken healthcare system operating as the ambulance at the bottom of the cliff.

Come and meet the PREKURE faculty in our free Health Coach Open Night and explore where a career as a Professional Health Coach could lead you.

[Register now](#)

PREKURE™ 

MEET JARED CANNONS

A Certified Health Coach making a positive impact on whānau (family) wellbeing.

Q&A: Jared Cannons

Meet Jared Cannons, a certified Health Coach at Turuki Healthcare, specialising in metabolic and mental health, weight loss, diabetes and men's health. Discover how Jared's journey from the construction and mining industry to health coaching in South Auckland is making a positive impact on whānau wellbeing.

What were you doing before you became a Health Coach?

I worked in construction as a Scaffold Supervisor/Manager and in the mining industry for over 12 years in industrial and domestic Fly in Fly out in Australia.

What are you doing now as a Health Coach?

I'm employed as a Health Coach at Turuki Healthcare, working with high-need patients dealing with metabolic disorders, mental wellbeing issues, and lifestyle factors. I'm part of a passionate Te Ao Māori Kaupapa with an amazing clinical team. I also apply Health Coaching skills and knowledge to myself, family, and friends.

What motivated you to become a Health Coach?

After being a stay-at-home dad, I sought new skills initially for the mining industry where there were several opportunities for lifestyle medicine in this field. But after working at Turuki Healthcare I discovered a greater need at a community level, especially in South Auckland.

Is there a particular aspect of your role that you are especially passionate about?

I love teaching about kai as medicine through conducting weekly community low-carb cooking classes at the clinic. It's a fantastic opportunity to discuss and educate on lifestyle factors that support prevention for health care.



MEET JARED CANNONS

PROFILE

A Certified Health Coach making a positive impact on whānau wellbeing.

Can you share a specific success story where your coaching has made a significant positive impact?

Despite facing adversities and setbacks, a whānau member had shown incredible resilience and determination on their health journey to reverse their Type 2 Diabetes. Their commitment to achieving this milestone was nothing short of extraordinary.

They really embraced exercise and nutrition into their life, by incorporating daily walks and actively participating in Low Carb Healthy Fanau (LCHF) cooking classes. This really helped them take charge of their own well-being and pave the way for sustainable lifestyle changes. Also by cooking LCHF meals at home and actively engaging in the Low Carb Healthy Fanau Facebook Group, they not only transformed their own health but also became a source of inspiration and support for others.

During a challenging period of relapsed drug use, their confidence took a real hit and their progress towards reversing T2DM was temporarily derailed. However, with swift action and support, including enrolling an AOD (Alcohol and Other Drug) practitioner and implementing weekly check-ins, they were able to refocus and get back on track.

Over the course of a few months, they have successfully reversed their T2DM, shedding an impressive 20 kilograms of weight in the process. Their commitment to personal growth extended way beyond their own health journey, as they selflessly volunteered in South Auckland, addressing the handyman needs of a religious group. More recently, their dedication to further improving their outcomes led them to commit to attending the Tāne Wananga. This step really reflects their ongoing determination and desire to continue their goal towards optimal health and well-being. Through perseverance, resilience, and willingness to share their experiences, this whānau member serves as a shining example of what can be achieved even in the face of adversity.



MEET JARED CANNONS

PROFILE

A Certified Health Coach making a positive impact on whānau wellbeing

How has being a Health Coach enriched your life personally and professionally?

I am so grateful to be working with whānau that allows me to share in their healing journey. It has been a humbling experience, opening rewarding opportunities for personal growth.

What advice would you give others considering a career in health coaching?

Do it! Become the next change-maker. We need more Health Coaches, and that's you! Be fearless, be courageous, and take the leap towards supporting/helping others become the best version of themselves.

What does the future look like for you?

My mission is to work with whānau in their community to take back control of their health and wellbeing and to learn to live a balanced sustainable lifestyle. I enjoy teaching whānau how to make kai their medicine, as a Health Coach, my goal is to support whānau to confidently navigate their Hauora journey whether that be pre-diabetes, type 2 diabetes, exercise, sleep, weight loss and mental well-being. As a father of two tamariki I strive to be the best I can be in hopes of inspiring others to do the same.

“Me mahi tahi tatou mo te oranga o te katoa”

“We should work together for the wellbeing of everyone”.

Connect with Jared

Ko Mākeo te maunga e rū nei taku ngākau
Ko Waiaua te awa e mahea nei aku māharahara
Nō Ōpōtiki ahau
Kei Tāmaki Makaurau ahau e noho ana
Ko Jared Cannons tōku ingoa
E mahi ana au hei kaihapai
Ki Turuki Healthcare
Nō reira, tēnā koutou katoa.

BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Budget-Friendly Reduced Carbohydrate Diet Tips

We all know that sticking to a budget can sometimes feel like a daunting task, especially when it comes to maintaining a healthy diet. But eating well doesn't have to break the bank. With a little creativity and some strategic planning, you can enjoy nutritious meals without overspending. This guide is full of practical tips to help you make delicious, lower carbohydrate meals while keeping your costs down, so you can stay on track with your health goals without stretching your budget.



General Principles

Plan Your Meals and Shopping:

- **Meal Planning:** Plan your meals for the week to avoid impulse buys and ensure you only purchase what you need. This strategy helps you make efficient use of ingredients and prevents last-minute, costly takeaway options.
 - **Shopping List:** Create a detailed shopping list based on your meal plan and stick to it. This list is your guide to avoid unnecessary purchases and stay focused on your dietary needs.
 - **Inventory Check:** Regularly check your pantry and fridge to use existing ingredients and prevent food wastage. Utilising what you already have reduces the need for additional purchases and saves money.
-

BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Buy in Bulk:

- **Stock up on staples:** Purchase bulk quantities of reduced carbohydrate staples like nuts, seeds, oils, and certain vegetables. Bulk buying often provides a discount, making it a cost-effective option for non-perishable and freezable items. Proper storage ensures these items remain fresh and available for longer periods, reducing frequent trips to the store.
- **Buy expensive items when on sale:** Some items like avocados can be extremely expensive at certain times of the year – these can be bought in bulk when cheap and the flesh will keep well in the freezer.

Shop Smart:

- **Seasonal Produce:** Purchase seasonal vegetables and fruits, as they are often cheaper and fresher than out-of-season produce. Seasonal items are typically more abundant and travel shorter distances, reducing costs and supporting local agriculture.
- **Shop at Cheaper Places:** Think about which supermarkets offer the best deals and compare prices. In addition to supermarkets, visit farmers' markets, ethnic stores, and greengrocers for fresh and affordable produce. Buying from local markets can often be cheaper and fresher.
- **Frozen Options:** Choose frozen vegetables and fruits like broccoli, cauliflower, and berries, which are often cheaper than fresh and have a longer shelf life. Frozen produce is typically picked at peak ripeness and frozen immediately, preserving its nutritional value.



BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

- **Sales and Discounts:** Look out for sales, use coupons, and take advantage of loyalty programmes to reduce costs. Regularly check store flyers, apps, and websites for discounts on your favourite lower carbohydrate foods, and stock up when prices are low.
- **Consider Substitutions:** Be flexible with your recipes. If an ingredient is too pricey, look for a more affordable, reduced carbohydrate substitute. Here are some examples:
- **Sour Cream to Greek Yogurt:** Substitute sour cream with Greek yogurt. It provides a similar texture and added protein at a lower cost.
- **Kale to Spinach:** Replace expensive kale with spinach. Spinach is also nutrient-dense, low in carbs, and versatile for use in salads, smoothies, and cooked dishes.
- **Capsicum (Peppers) to Cucumber:** Use cucumber instead of capsicum if bell peppers are too costly. Cucumber is great for salads, dips, and as a crunchy snack.
- **Organic to Regular Produce:** While organic produce may be optimal when budgets allow, it is perfectly fine to buy regular produce to save money. The nutritional benefits of eating more vegetables outweigh the benefits of organic options when budget is a concern.



BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Cook Efficiently

Batch Cooking and Leftovers:

- **Cook Large Quantities:** Prepare large portions of meals that can be frozen and reheated. This method saves time and money by reducing the frequency of cooking sessions and minimising the need for expensive takeaway options.
- **Freezer-Friendly Recipes:** Focus on dishes that freeze well, such as soups, stews, casseroles, and chilli. Properly label and date each portion to keep track of what you have in your freezer.
- **Meal Prep Sessions:** Set aside a day each week for meal prep. Cooking multiple meals at once can make the rest of the week easier, ensuring you always have healthy, reduced carbohydrate options on hand.
- **Use Leftovers:** Cook extra portions and use leftovers for future meals to save time and money. Freeze surplus portions to ensure you have ready-made meals available.
- **Revamp leftovers:** Take last night's grilled chicken and create a delicious chicken salad by mixing in mayo, celery, and a sprinkle of paprika, or add eggs to leftover veggies to make a frittata or omelette for a speedy meal. '



BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Simple, Nutritious Meals:

- **Basic Ingredients:** Use basic, budget-friendly ingredients like proteins (chicken, eggs, tofu), non-starchy vegetables (broccoli, cauliflower, courgette), and healthy fats (olive oil, butter, avocados). These ingredients are versatile and can be used in various recipes.
- **Quick Recipes:** Focus on recipes that are quick and easy to prepare, reducing the time spent in the kitchen. Stir-fries, salads, omelettes, and sheet pan meals are great examples of simple, reduced carb dishes.
- **Flavourful Additions:** Enhance the taste of your meals with herbs, spices, and simple sauces. Ingredients like garlic, ginger, lemon, and fresh herbs can elevate the flavour without adding significant cost.
- **Efficient Use of Ingredients:** Plan meals that use overlapping ingredients to maximise their use and minimise waste. For example, a roasted chicken can be used in salads, soups, and stir-fries throughout the week.
- **Balanced Meals:** Focus on meals with a good balance of protein, non-starchy vegetables, and healthy fats. Use spices and herbs to add variety and flavour to your dishes.

Avoid Processed Foods:

- Skip expensive packaged 'keto-friendly' foods and snacks. Instead, prioritise whole foods and reserve processed items as occasional treats.



BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Incorporate Healthy Fats:

- Adding healthy fats like avocado, seeds, nuts, cheese, fatty fish and olive oil (as examples) to your meals can help keep you fuller for longer, reducing the need for snacks.

Cost-Effective Protein Sources

Affordable Meats:

- **Cheap cuts:** Buy cheaper cuts of meat such as pork, beef sirloin, ground chuck, and chicken thighs.
- **Purchase whole chickens:** Utilise all parts then freeze leftovers for future use.
- **High fat meats:** Opt for fatty cuts which are often cheaper and suitable for reduced carbohydrate diets.
- **Organ meats:** Incorporate organ meats like liver, which are inexpensive and nutrient dense. If you don't like eating liver on its own, try dicing it finely and mixing it into a dish like chilli to bulk up the ground beef.



Alternative Proteins:

- **Pulses:** While beans and legumes can be more challenging to incorporate into a very low carbohydrate diet (i.e., the ketogenic diet) due to their higher carbohydrate content, they are great budget options for a reduced carbohydrate diet.
- **Plant-based proteins:** Tofu and tempeh can be budget-friendly and versatile alternatives.
- **Eggs:** eggs are a versatile and affordable source of protein that can be used in various dishes.

BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Grow your own

- **Growing your own vegetables, and herbs** can significantly reduce grocery expenses, as home-grown produce is often cheaper than store-bought. Although there may be initial set-up costs for seeds, soil, and gardening tools, the long-term gains include ongoing savings and a steady supply of fresh, cost-effective produce. Additionally, it allows you to harvest only what you need, minimising food waste and saving money in the long run.

Avoid Snacking:

- **Reduce or Eliminate Snacking:** Snacks can add up in cost and often contribute unnecessary calories. Focus on eating nutrient-dense meals that keep you fuller for longer, reducing the need for snacks. Preparing balanced meals with adequate protein, healthy fats, and fibre can help manage hunger and prevent the urge to snack between meals.

Drink Smart:

- **Avoid Expensive Drinks:** Specialty coffees, bottled water, and other store-bought beverages can be costly. Make coffee at home using a French press or drip coffee maker and add full-fat cream or a dash of cinnamon for flavour. Drink tap water or make homemade flavoured water by adding a slice of lemon, cucumber, or a few mint leaves. This not only saves money but also reduces waste from single-use bottles and cups.
- **Invest in a SodaStream:** For those who enjoy sparkling water, buying a SodaStream can be much cheaper in the long run compared to purchasing bottled sparkling water. It also significantly reduces plastic waste, making it an eco-friendly choice.

Intermittent Fasting:

- **Consider Intermittent Fasting:** Intermittent fasting can help naturally reduce meal frequency, leading to lower food costs. A popular method and a good place to start is using the 5:2 approach, which means eating normally for 5 days of the week and skipping a meal (like breakfast) on two days of the week (and not making up for it food wise for the remainder of the day). Always consult a healthcare provider before starting a fasting regimen.

BUDGET-FRIENDLY TIPS

BUDGET-FRIENDLY REDUCED CARBOHYDRATE DIET TIPS

Avoid Temptation:

- **Shop the Perimeter of the Grocery Store:** The outer edges of the grocery store typically contain fresh produce, meats, dairy, and other whole foods, while the inner aisles are filled with processed and packaged items. By shopping the perimeter, you can focus on healthier, whole food options and avoid the temptation of processed snacks and sweets.
- **Consider Online Grocery Shopping:** Online shopping can help you avoid impulse buys and stick to your shopping list. It allows you to compare prices easily, take advantage of online-only discounts, and see your running total before checkout, helping you stay within budget. Additionally, shopping online can save time and reduce the stress of in-store shopping.

DIY (Do It Yourself):

Making your own food items at home can significantly reduce costs and allow you to customise your meals to suit your tastes. Many of these methods are often quick and easy, saving you money and providing fresh, healthy options. Here are some examples of DIY food preparation that can save you money:

- **Make Cauliflower Rice:** Buying cauliflower rice pre-made can be expensive. Instead, make it yourself in bulk by grating or processing fresh cauliflower. This is cheaper, easy, and allows you to control the portion sizes.
- **Prepare Your Own Nut Butters:** Store-bought nut butters can be pricey. Making your own at home with a food processor can save money and let you customise flavours and textures. It's a quick process that can be done in minutes.
- **Homemade Snacks:** Prepare snacks like kale chips, roasted nuts, or cheese crisps at home. These are often cheaper, healthier, and can be made quickly compared to store-bought versions.
- **DIY Sauces and Dressings:** Making your own sauces and dressings from basic ingredients can be more cost-effective and healthier than buying pre-made options. Try making vinaigrettes, mayonnaise, and marinades at home. These can often be whipped up in a matter of minutes.

Chicken Fajita Bowl

Have it both ways. A warm family meal, and a fresh salad, rolled into one. Feast or fiesta? You decide.

Serves	4
Prep time	35 minutes
Difficulty	Easy

INGREDIENTS

230 grams Romaine lettuce
140g cherry tomatoes
1(200g) avocado
4 tbsp fresh cilantro
1 (110g) yellow onion
1 (140g) green bell pepper
900g boneless chicken thighs
55g butter
salt and ground black pepper
2tbsp Tex-Mex Seasoning
180ml (85g) Mexican cheese
or cheddar cheese, shredded.

METHOD

1. Prepare the toppings. Tear the lettuce, chop tomatoes, dice avocados and clean and chop the cilantro. Set aside
2. Slice onion and pepper fairly thin
3. On a separate cutting board, chop the chicken into thin strips
4. Fry the chicken in butter in a large skillet over a medium high heat. Add salt and pepper to taste. When the chicken is almost cooked through, add onion, pepper and Tex-Mex seasoning
5. Lower the heat and continue to fry while stirring for a couple of minutes until the chicken is thoroughly cooked and the vegetables have softened just a bit
6. Place lettuce in a bowl and add the chicken mixture. Add shredded cheese, dice avocado, chopped tomatoes, and fresh cilantro.

Tip!

A spoonful of your favourite salsa can be a nice addition. Also feel free to substitute guacamole for the avocado in this fajita bowl.



Recipe from Diet Doctor: [Click here for the link](#)

#WholeNZ

Reversing Type 2 Diabetes with #WholeFood

Thank you for joining us, we hope you enjoyed our newsletter.



#WholeNZ
