



# NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

What would happen if you drank this every day?

Really, really good things.

**Here are 3 reasons to start drinking matcha green tea every damn day:**

## 1. You'd feel younger

I know... this is a strong statement, but believe me (and the science) when I tell you that drinking matcha regularly will leave your mind and body feeling better than they have in years!

The phytochemicals and nutrients found in matcha will improve your energy, mood, and focus, all while fighting painful inflammation in the body. It's also jam-packed with antioxidants which have been shown to promote longer, healthier lifespans.

## 2. You'd burn more fat during your workouts

Matcha contains caffeine and catechins (a type of antioxidant), which, when consumed together, have been shown to boost fat burning during moderate-level exercise and walking. Just another reason to reach for the matcha!

## 3. You'd get sick less often

Matcha does this in a couple of different ways.

- It improves your immune system's natural defences. How? It contains a very special type of antioxidant that can protect, prevent and fight various viral and bacterial infections. Pretty cool, eh?
- It helps prevent cell damage which lowers your risk of developing several chronic diseases, including cancer, heart disease, and various inflammatory-based conditions.

**"But Ash... what about the taste?" I got you!**

Yes, matcha is an acquired taste when enjoyed alone —that is, without sweetener, milk, or flavourings.

That's why I created this easy sparkling matcha soda recipe. The combination of the sugar-free monk fruit sweetener and sparkling water masks the matcha's earthy taste. Plus, it's oh-so refreshing and energizing.

What I love most about this recipe is that it won't break my morning fast, which means:

- ♥ I can enjoy it before my morning walk and workout and still get all the fat-burning benefits.
- ♥ I can keep to my cycle-fasting schedule, which keeps my hormones healthy and happy.
- ♥ I get improved energy and focus for any morning work and chores I want to get done before breaking my fast (aka having breakfast).

### TASTY HEALTHY RECIPE OF THE WEEK

If you want to know more about the benefits of matcha and how to find it on a budget, I dive into the details in the full recipe post. Just click the image or button below to learn more!



**SUGAR-FREE SPARKLING MATCHA SODA**

### HEALTHY QUOTE OF THE WEEK

*"I'd whisk it all for another matcha."* - **Author Unknown**

That's it for today, friend. I hope you have a wonderful week!

Until next time,

*ash xo*