

WELLNESS AT HOME

A COLLECTION OF
RECIPES & WORKOUTS



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Saarah's Kitchen
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WELCOME!

Thank you so much for downloading 'Wellness At Home'. This is a collection of some of my favourite recipes, along with home workouts created by Kiki Fitness.

The intention of this book was to provide ideas and inspiration for recipes and workouts you can try at home. Each recipe can be customized with your favourite flavours, so get creative, and enjoy adding your own touch!

During quarantine, it has been a great opportunity to get in the kitchen, try new things and set time for yourself. I hope this book provides some inspiration to create delicious recipes and try some home workouts.

Tag us in your recipes and workouts, we cannot wait to see. Thank you again for your continuous support!

Stay safe and enjoy!

-Saarah Ajwani
(Saarah's Kitchen)



SHAKSHUKA

Ingredients

- 1/2 onion
- 1/2 eggplant (optional)
- 1/2 tomato
- 1/4 bell pepper
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp chili flakes
- 1/4 tsp sugar
- 3 tbsp strained tomatoes (passata)
- 1/2 tsp salt and pepper
- 2 eggs
- Garnish/ sides (see tips)

Method

1. Chop all the vegetables finely
2. Saute on medium high heat in oil for 5-10 mins, until softened
3. Mix in all the spices
4. Stir in strained tomatoes. Reduce heat and cook for 10 minutes
4. Make two wells, and crack the eggs into them
5. Cover and let the eggs set completely
6. Top with the garnishes of choice and enjoy with toast!



Tip:

- Garnish/ sides: fresh herbs, feta or goat cheese. Enjoy with toast or pita bread
- Adjust the spice to your preference
- perfect for any meal of the day!



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BANANA OAT PANCAKES

Ingredients

- 2 ripe bananas
- 1.5 cups oats
- 3/4 cup milk of choice
- 2 eggs
- 1 tsp vanilla
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt

Method

1. Blend together all the ingredients except the toppings until smooth
2. Stir in chocolate chips, nuts, etc (if using)
3. Heat a pan on medium, grease with oil or butter and cook pancakes
4. Enjoy with fresh fruits, syrup and any other toppings



Tip:

- make ahead and store in the fridge for 2-3 days. Heat up as needed
- Add in more milk if you want them thinner



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HUMMUS & PITA CHIPS

Ingredients

- 3/4 cup chickpeas
- 1/2 tsp salt
- 1/2 tsp garlic
- 1/2 lemon
- 1/4 tsp cumin
- 1 tbsp water
- Paprika
- Pita chips (See tip)

Method

1. Blend together until smooth
2. Pour into a bowl and top with paprika
3. Enjoy with pita chips, vegetables or in a wrap



Tip:

- make ahead and store in the fridge for up to a week
- for smooth consistency, blend with water, oil or an ice cube
- **Pita chips:** Cut pita into strips, drizzle with olive oil and spices. Bake at 400 F for 7-8 mins, turn halfway



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MEDITERRANEAN PASTA SALAD

Ingredients

- 3 cups cooked and cooled pasta
- 1/2 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1 bell pepper, diced
- 1/2 purple onion, sliced
- 1/4 cup black olives, sliced
- 1/2 cup crumbled feta cheese

Dressing:

- 3 tbsp olive oil
- 1 tbsp apple cider vinegar
- 2 cloves garlic, minced
- 1 lemon
- 1 tsp oregano
- 1/2 tsp honey
- salt and pepper, to taste

Method

1. Prepare all the salad ingredients and mix in a bowl
2. In a jar or glass, mix together the dressing
3. Pour over salad when serving



Tip:

- The pasta can be replaced for lettuce, spring mix, or quinoa
- Pour in dressing right before eating so it doesn't get soaked up by the pasta
- After boiling the pasta, mix in 2 tbsp of oil, so it doesn't stick together



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TABOULEH STYLE QUINOA SALAD

Ingredients

- 1 bunch parsley, chopped fine
- 1/2 cup cooked quinoa, bulgur, or couscous
- 1/2 cucumber, finely diced
- 2 tomatoes, finely diced
- 1/2 purple onion, finely diced
- Fresh mint, chopped fine

Dressing:

- 2 lemons, juice & zest
- 4 tbsp olive oil
- salt and pepper, to taste

Method

1. Chop everything and mix together in a bowl.
2. Prepare dressing and stir in well



Tip:

- make ahead and store in the fridge for 3-4 days
- Add in more lemon and herbs for added freshness



TOMATO BASIL BRUSCHETTA

Ingredients

- 4 slices bread (cut in quarters)
- olive oil
- 1 tomato, diced
- handful basil, chopped
- 1/2 tsp salt and pepper
- 1/2 tsp garlic
- shredded cheese (optional)

Method

1. Preheat oven to 400F
2. In a bowl, mix together diced tomato, basil, garlic, salt and pepper
3. Spread out bread on a lined baking tray and drizzle with olive oil
4. Top with tomato mixture
5. Bake for 3-5 mins, or until slightly crisp



Tip:

- make extra mixture and keep in the fridge for the week- makes a delicious snack!

CHICKEN FAJITAS

Ingredients

- 1 lb boneless chicken strips
- 1 tbsp oil
- 1 tbsp garlic
- 1 tsp salt/ pepper
- 1 tsp oregano
- 1 tsp cumin
- 1 tsp chili flakes
- 1 tsp paprika
- Juice of 1 lemon
- 8-10 tortillas
- pepper & onions, strips
- salsa
- shredded cheese
- salad
- sour cream

Method

1. Marinate chicken for atleast 30 mins or overnight
2. Heat oil in a pan and cook chicken
3. Once chicken is cooked through, remove and add in more oil to the pan.
4. Saute the onions and peppers
5. Heat the tortillas on a pan and assemble the fajitas
6. Enjoy with your favourite toppings and sauces



Tip:

- This is such a quick meal!
- Super versatile- switch around the protein, toppings and serving style
- Enjoy as a wrap, quesadilla, as a rice bowl, on a salad, etc



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WATERMELON REFRESHER

Ingredients

- 1 cup watermelon
- 3-4 strawberries
- 1/2 cup coconut water
- 1 tbsp lime
- lime slices & mint to garnish

Method

1. Blend the watermelon, strawberries, water & lime together
2. In a jar, place lime slices, mint & pour juice over
3. Enjoy cold



Tip:

- If you want it sweeter, reduce the amount of lime juice
- For a sparkling treat, replace coconut water with sparkling water



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ICED CAPPUCCINNO

Ingredients

- 1 cup prepared coffee (1 tsp instant with 2 tsp sugar)
- 1 cup milk
- 2-3 cups ice

Method

1. Prepare coffee and let it cool (put in fridge or freezer)
2. In a blender, add in coffee, milk, and ice
3. Pulse until combined, it should be icy and frothy at the top



Tip:

- Add in flavour (vanilla, chocolate for mocha, caramel, etc)
- Adjust the sweetness to your liking
- Enjoy cold on a hot day!

WORKOUTS



As we get farther along into this quarantine, a lot of us may be feeling anxious, restless, or constantly stressed from work. Throughout quarantine & beyond, its important to set time aside to move regularly for your mental and physical health. Daily Exercise is a natural energy-booster and tension-reliever. Here are 4 at home workouts that I have designed that don't require any equipment at all! I usually include 6 exercises in my workouts and I repeat each exercise 3x. Don't forget to warm up before your workouts & also perform a solid stretch afterwards to keep the muscles flexible, strong, and healthy. Good luck!

Disclaimer: The material within this guide is provided solely as general educational and informational purposes. The workouts may not work for everyone and the information within this guide should be used at your own risk. This guide is only meant to give you ideas and inspiration on how you can create workouts at home without equipment

UPPER BODY

30 secs High Plank with Alternating Arm Raises

(Keep your chest above your arms to protect your shoulders)

15 Tricep Dips

(make sure you bend from the elbows rather than using your hips to lower)

15 Sit Ups with Arms Extended

(keep your arms extended above your head the entire time)

15 Push Ups

(to modify this one you can do the push ups on your knees)

30 secs Alternating High to Low Plank

(Keep your chest above your arms to protect your shoulders)

30 secs V-Sit Crunches

(keep your back rounded the entire time)

Repeat each exercise 3x

LOWER BODY

15 Sumo Squats

(get into a wide stance and point your toes outwards to target the inner thighs)

20 Alternating Curtsy Lunges

(make sure to keep your shoulders and chest facing forwards the entire time)

15 each leg Standing Side Kicks

(maintain a slight bend in your both of your knees and flex the foot that you're kicking)

1 min Crab Walks

(switch directions halfway. Stay as low as you can the entire time. You should feel a burn in your side booty)

15 each leg Single Leg Glute Bridges

(Push through your heel when lifting and squeeze your glutes at the top)

12 each leg Bulgarian Split Squats

(elevate your back leg on anything you have around the house (such as stacked books or a short table). Push off of your front heel with you rise)

Repeat each exercise 3x

FULL BODY

30 secs Low Plank

(make sure to keep your back flat)

8 Walk Outs with 4 Side Crunches

(Try not to move your legs when doing the walk outs and use your arms only.
The straighter your legs are, the more challenging the exercise will be)

20 Walking Lunges

(Press into your front heel when raising from the lunge and keep your core tight the entire time)

15 Close Grip Push Ups

(Keep your hands close to your body for this one, you should feel this one in your triceps)

15 Supermans

(This exercise will strengthen your lower back. Lift your arms and legs as high as you can.)

30 secs Wall sit

(Press your back into the wall and try to get down into a 90 degree angle when you sit)

Repeat each exercise 3x



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HIIT (HIGH INTENSITY INTERVAL TRAINING)

30 secs Burpees

(Keep your core tight while doing these)

30 secs Jump Squats

(if you can't jump, you can transition into a calf raise after you squat instead)

30 secs Mountain Climber

(keep your chest over your arms the entire time & drive your knee as close as you can to the opposite elbow)

30 secs Skater Hops

(keep your chest low the entire time)

30 secs High Plank Jacks

(Keep your chest above your arms to protect your shoulders and keep your back as flat as possible)

30 secs High Knees

(drive your knees as high as you can)

30 second rest in between exercises

Repeat the circuit 3x