



# GREEN GODDESS

*Wellbeing star, yogi, nutritionist and first-time mum Madeleine Shaw on embracing seasonal produce*

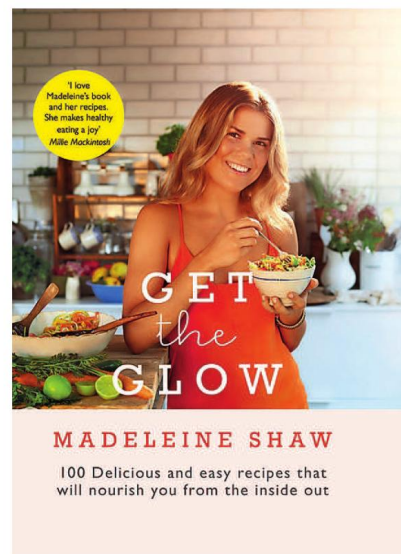
Words MADELEINE HOWELL

**G**lowing, giggling and a vision of good health – Wandsworth resident Madeleine Shaw, 27, is a poster girl for mindful eating and holistic wellbeing. She has been steadily growing her fan base online since she started sharing her recipes and food plans on her blog, and shot to fame when she published her first cookbook *Get the Glow* in April 2015, followed by *Ready Steady Glow* a year later. Now, as she prepares to become a mum for the first time (with 237,000 Instagram followers in tow, at time of writing), she has written a third.

*A Year of Beautiful Eating*, she tells me, was inspired by her discovery of just how much tastier, fresher, and cheaper it was to eat seasonally. ‘I wanted to write a book about what produce we should be eating at certain times of

the year, so that people could make a conscious decision,’ she says. ‘As well as the environmental impact, it has health benefits too. Sourcing food locally means it’s much more nutritious.’ The dishes include an immune system-boosting chicken soup, rhubarb and coconut rice pudding, and her popular Summer Lovin’ Bowl.

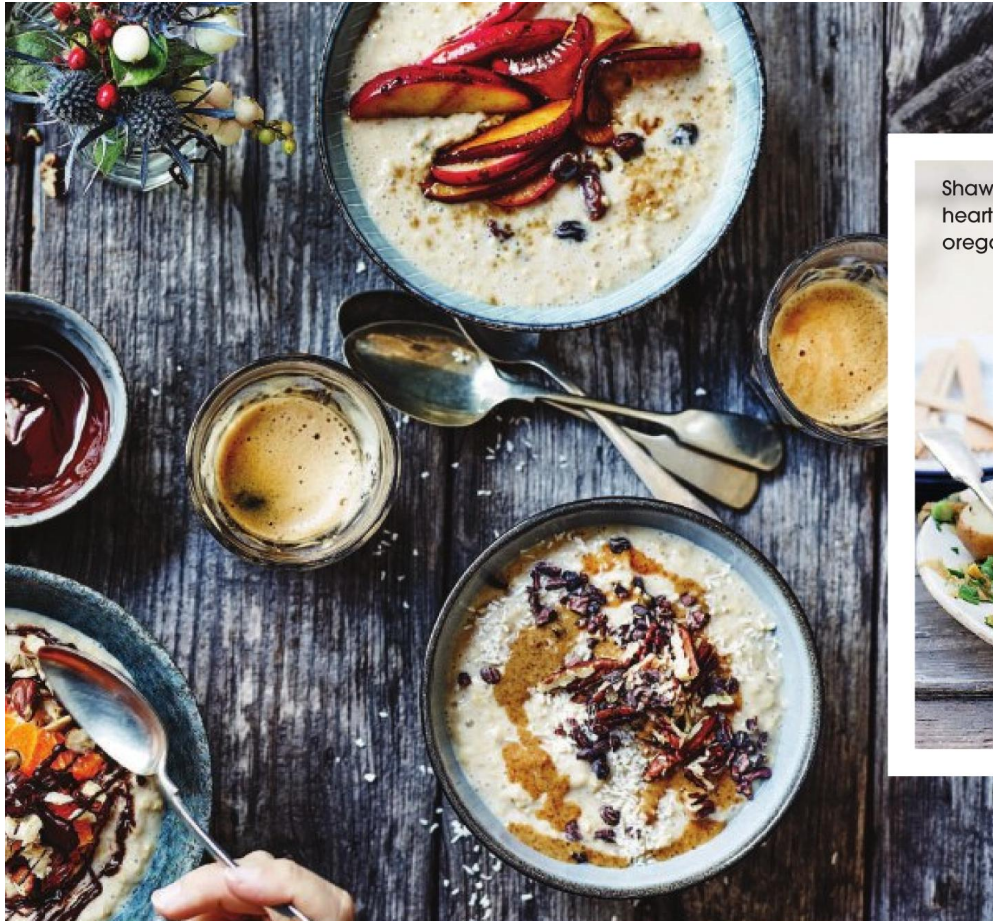
So, how did it all begin? Shaw started by studying at the Integrative Institute of Nutrition after living in laid-back Sydney, where a stint working in a health café helped her to improve her own health and led her to discover the healing power of food. ‘Their approach to wellbeing is really refreshing – for them, it’s not a diet, it’s a lifestyle. At 6am the beach is full of people running and meditating,’ she explains. She has since collaborated with a number of celebrity pals, working as Millie



Mackintosh’s nutritionist and coming up with a special menu at Brown’s Hotel in Mayfair for her friends Lydia and Irene Forte of Rocco Forte hotels.

When we catch up, her focus is on preparing to welcome her baby into the world and promoting the book, but she’s also finishing off her final exams at the College of Naturopathic Medicine. The end goal is to establish a one-on-one client base. ‘I love working online, but working directly with people is really rewarding,’ she says. ‘I want to run a clinical practice.’

Back in London, away from the outdoorsy Aussie lifestyle that first



Shaw's cookbooks feature hearty dishes like this oregano potato salad



inspired her, what does she recommend us city dwellers do to make the first step? 'We've got such a culture of eating out for dinner in London,' she admits. 'Always get a side of veggies. It's always good to up that dose.' Her approach is all about 'crowding in', rather than cutting out. 'When you say things like "I can't have chocolate" or "I can't have bread", you suddenly want it even more. You should be focussing on what you can have.

That sets you up for a much more sustainable approach to eating well.

'The first thing is mindset.

If you end up having a pizza or a big night out, it's not the end of the world – it doesn't make you a bad person. You can just wake up the next day and have a healthy breakfast. The key is that one bad meal shouldn't turn into a bad week. The second thing would be to make sure that you're sleeping well. I think often we don't prioritise sleep enough. And, thirdly, to keep hydrated. Have a bottle of water with you at all times.

'Getting out there and going outside is important too. We need to spend more time in nature. We live in a concrete city, but we're so lucky to have incredible parks everywhere. It's so important to kick your shoes off and connect your feet to the ground. Like when you're on holiday, when you walk along the beach and you sleep better... it's our natural habitat that we've moved away from.'

You'll often find her treating

herself to a nutritious breakfast at St Clements in Parsons Green, or brunching at Boma – the Wandsworth Bridge Road

restaurant belonging to her boyfriend. 'I love the Parsons Green Farmers' Market and I often go to Planet Organic in Wandsworth. That's my stomping ground – they've got so much good quality fruit and veg and lots of natural seeds to add to your meals. I also love the world food aisle in Sainsbury's, where you can buy huge bags of rice.'

When we chat, she's in her final trimester and has been slowing

*Having a pizza is not the end of the world – it doesn't make you a bad person*

down on the exercise front, but she's been keeping up her yoga. 'I'm definitely not as able as I was because the bump just gets in the way!' she laughs. 'But I love going to Local Motion above Planet Organic for yoga. I also go to Lomax in Chelsea on the King's Road to this place called Bumps and Burpees, where they basically offer personal training for pregnant women.' Mindfulness has also proved an important aspect of her pregnancy. 'I try to do a little bit of meditation every day just to switch off and calm myself down.'

For the first few weeks after the birth, Shaw intends to lie low. 'I'm going to take three months off in terms of recipes and videos and ease back into it. I can't imagine that I'll want to take a long time off because I love what I do, but I think I have to be realistic as well and not push myself too hard.'

She's looking forward to the 'cool mum and baby classes' in the area, and to meeting new friends. 'I want to do fun stuff to connect with other mums,' she says. 'At Union Street Yoga, there's a mum and baby class,' she smiles wide. I wish her all the best on this exciting new chapter – and I'll be off to fill a bowl with buckwheat, avocado and beetroot in pursuit of her covetable glow. **1**

**For more information, visit [madeleineinshaw.com](http://madeleineinshaw.com)**