# Nutritionist’s ‘healthiest meal in the world’ combines indulgence with powerful health benefits



In the quest for healthier eating, nutritionist Dominique Ludwig has crafted what she claims to be the "healthiest meal in the world," a three-course dining experience designed to deliver a wealth of nutrients, antioxidants, and flavours. This meal not only boasts health benefits—such as heart-friendliness and potential cancer-fighting properties—but it intriguingly includes ingredients like labneh, mackerel, and dark chocolate, promising to tantalise the taste buds while nurturing the body.

The meal, as described, begins with a starter of Parmesan-crusted broccoli paired with labneh and roasted tomatoes. At first glance, the use of cheese might raise eyebrows in a health-focused menu, but Ludwig’s approach cleverly incorporates beneficial elements. The labneh, a fermented yogurt spread, is lauded for its probiotic content, contributing positively to gut health and digestion. The roasted tomatoes are rich in lycopene, an antioxidant noted in studies published in reputable journals like the Canadian Medical Association Journal as being associated with a lowered risk of chronic diseases.

The pressure of preparation is palpable. For those with limited culinary skills, the necessity for a significant amount of planning and ingredient acquisition seems daunting. A trip to the grocery store can easily rack up expenses—approaching $150—especially when sourcing items like nigella seeds and good-quality sauerkraut. Nevertheless, these efforts may yield gratifying results: the combination of labneh and grilled tomatoes forms a satisfying dip, while the broccoli provides a rich source of magnesium, linked with better health outcomes regarding diabetes and cardiovascular risks.

The entrée, a salad featuring fried mackerel on a bed of watercress, brings an assortment of vegetables including orange, fennel, and beetroot, alongside a mix of chickpeas and seeds. Being a fish rich in omega-3 fatty acids, mackerel is known for its benefits in enhancing brain and heart health. The introduction of such diverse ingredients not only adds colour and flavour but also increases the meal’s fibre content—an important aspect of dietary health known to promote satiety and regulate blood sugar levels. A nutritional expert once noted that the meal is a "nutrient-packed winner," demonstrating an impressive array of plant diversity to foster energy and digestive well-being.

Concluding the dining experience is a surprising dessert: a tofu chocolate mousse made with a combination of silken tofu, tahini, dark chocolate, and cacao powder, complemented by fresh blueberries. Initial skepticism about using tofu in a sweet dish quickly dissipates; it surprises diners with its rich flavour and creamy texture. Dark chocolate, touted for its heart health benefits, alongside antioxidant-packed blueberries, creates a dessert that eases sufferers of a sweet tooth without sacrificing health goals.

The overall verdict after a four-day trial resulted in a feeling of satisfaction rather than the common post-meal lethargy. While the appetizer and dessert require more intricate preparations than most individuals may prefer, the mackerel salad stands out as a relatively quick and rewarding dish to prepare.

Many find themselves surprised not only by the flavours but also by how nourishing the meals make them feel. As interest in healthier diets continues to rise, Ludwig's approach illustrates that nutritious eating doesn’t have to compromise on taste or enjoyment. As we navigate through the diverse world of food, the notion of indulgence can coexist with health, even if it means mastering a few culinary skills along the way.

### Reference Map

1. All content is derived primarily from the lead article.
2. Key health benefits and meal components were informed by several related sources.

Source: [Noah Wire Services](https://www.noahwire.com)

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