



**JENNINGS**  
HOLISTIC HEALTH COACHING

# BOOTCAMP CHALLENGE RECIPES



A selection of easy to prepare meals  
suitable for the whole family

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### **Paleo Cereal** **(Serves 1)**

½ green apple OR ½ bobby banana, chopped  
1 closed palmful of nuts and seeds (i.e. pumpkin / sunflower / walnuts / brazil nuts / almonds)  
Splash of coconut milk (go easy on the coconut milk)  
1-2 tbsp almond yoghurt (optional)

Mix all ingredients in a bowl and eat!

### **Gut Healing Smoothie**

200ml unsweetened Rice milk  
Handful of fresh (or a block of frozen) spinach leaves  
50g frozen berries  
2 tbsp gelatin powder  
1 tsp ground cinnamon

Blitz all ingredients in a blender and serve.

### **Green Island Protein Shake**

300 - 400ml Coconut water or almond milk  
1 large handful of spinach or silverbeet  
1 celery stick  
1 bobby banana or palmful of berries  
A dash of coconut milk or 1 x closed palmful of nuts & seeds

Place all ingredients in a blender and blend until smooth. This is a large serving and you may have some leftover.

### **Three Egg Omelette** **(Large portion, may serve 2)**

This option is better used sparingly and as a cheat meal rather than a staple, regular daily option. If you are struggling with health issues such as autoimmunity, you may feel some symptoms reappear.



3 eggs  
Approx ¼ cup of rice milk  
\*Filling options (Shredded cheese, shredded chicken, cherry tomatoes, salmon, avocado etc)  
Salt & pepper

Beat eggs and rice milk together. Cook in a skillet on a low/medium heat until the bottom becomes cooked. Place your fillings on one half of the omelette. With a fish slice, carefully lift the other half of the omelette and flip on top of your filling as

shown above. Cook for a further 60 seconds, watching carefully that the bottom doesn't burn. Remove from the pan, season well and enjoy!

### **Green Juice (1 serve)**

This is a great option when “breaking” a fast. Loaded with vitamins and water, this will fill you up and sustain you for a few hours. You can refrigerate any unused portion in an airtight container for up to 24 hours.



- 2 to 4 celery stalks
- 1 green apple
- ½ average telegraph cucumber
- 1 large handful of spinach or silverbeet
- ½ lemon squeezed

Apart from the lemon, cut all ingredients up and juice. Don’t juice the lemon – just cut in half and put to the side.

Now take the ½ lemon and squeeze directly into your green juice and consume. This is a perfect way to give your liver a clean and your gut a rest from digestion. Don’t worry about portion sizes here – you aren’t going to get fat drinking this!

### **Lazy Mans Roast Chicken & Vegetables (Serves 1)**

- 1 palmful of supermarket Rotisserie Chicken
- Up to 1 cup of roast pumpkin
- 1 red onion, quartered
- Mixed greens
- Gluten free gravy

Coat the pumpkin & red onion with olive oil and roast on 220 degrees fan bake for 20 minutes, turning once at the half way point. Remove skin from chicken and place a palm size portion on a medium sized plate. Add your pumpkin and any salad greens or boiled greens. Use a maggi gluten free chicken gravy.



### **BBQ Bun-less Burgers (makes 4 to 6 patties)**

500gr mince  
1 to 2tsp of Cumin  
1 to 2tsp Garlic (minced or crushed)  
1 egg  
Optional squirt of tomato or chilli sauce  
Salt & Pepper  
Iceberg lettuce leaves (whole)  
Optional fillings – aioli, tomato sauce, cheese, pineapple, tomato, onions, beetroot.

Break up the mince into a bowl, add the egg, sauce, cumin, garlic and salt & pepper and mix well. Make sure that you can identify each of the sauce, garlic and cumin by its aroma after mixing. If you can't pick up the aroma, add some more and mix again.

Use steel meat pattie rings to shape each patty. Place on an iceberg lettuce leaf and top with your favourite burger fillings. Remember your meat portion size is a palmful. Add extra side salad if required. Enjoy!

### **Chelsea Winter Roast Chicken**



#### **Ingredients**

Olive oil, for drizzling  
1 large onion, peeled and roughly chopped  
6 cloves garlic, peeled

1 size 14-16 chicken (preferably free-range)  
50g butter, softened  
Handful fresh herbs – rosemary stalks, thyme strands, sage  
1 lemon, halved  
Gluten free gravy  
Roasted Pumpkin & boiled greens

#### Method

**IMPORTANT:** Take your (fully defrosted) chicken out of the fridge one hour before you cook it, so it's not chilled when it goes into the oven.

Preheat the oven to 220c fan bake and set a rack in the lower half of the oven.

Arrange the onion and garlic in a small/medium metal roasting tray. Drizzle with a little olive oil, season with salt and pepper and toss to coat.

Place the chicken on a clean board and pat the skin dry all over with paper towels. Tip it up and sprinkle a large pinch of salt into the cavity, then cram it full of the lemon and herbs (this helps flavour the chicken).

Carefully poke half the butter in between the breast meat and the skin (carefully so you don't tear the skin). Rub the other half all over the legs. Transfer the chicken to the roasting dish, breast-side up, sitting on the onions and garlic. Drizzle all over with olive oil. Massage it in and season generously with salt and pepper.

Roast in the preheated oven for 30 minutes – it'll be a nice dark golden brown colour (it might make angry spitting noises and smoke a little bit but that's all part of it.) Baste it once with the cooking juices while it cooks.

Without taking the chicken out, reduce the oven temperature to 160c regular bake and cook for a further 15 minutes.

Remove the tray from the oven. Using a metal spatula, gently turn the chicken breast-side down in the tray. Place the whole tray on a wooden chopping board (so it doesn't lose too much heat), cover tightly with a layer of foil and lay a tea towel over top. Let it sit like that for at least 30 minutes (up to an hour). Don't skip this step – the chicken will finish cooking while it rests. When ready to serve, turn out breast-side up onto the board and carve.

Serve with roast pumpkin & red onion, GF gravy, and green beans and peas or a salad.



### **Wild Mint & Corn Salad**

Palmful of fresh mint leaves, chopped  
 1 handful cucumber slices unpeeled & halved  
 1 handful of cherry tomatoes sliced  
 ½ can of fresh corn kernels  
 Olive oil  
 Salt & pepper  
 Lettuce leaves (optional)



Toss fresh chopped mint, corn, cherry tomatoes, lettuce, cucumber and olive oil in a bowl. Season with salt & pepper and optional lemon juice. Lay across a bed of lettuce. Serve with either one palm sized portion of cold meat or 1 closed palmful of roasted walnuts & almonds.

### **Avocado Chicken Salad**

**Serving size approximately 1 to 1 ½ cups**

Shredded chicken from a whole chicken  
 2 large avocados, pitted  
 1 bundle coriander, stems removed  
 4-6 long carrots, shredded  
 6 stems celery, diced  
 1 cucumber, diced  
 1 handful sliced almonds  
 3 tbsp lemon juice  
 2 tbsp lime juice  
 ¼ tsp garlic powder

Salt & pepper to taste

Add avocados, coriander, lemon, lime, garlic powder and salt & pepper to the food processor. Mix thoroughly until the avocado becomes a paste. This will take about 1-2 minutes.

Add your avocado sauce to your shredded chicken. If you haven't already shredded your carrots or diced your other veggies, do this now. You can use the shredding attachment on a food processor to shred carrots.

Mix veggies into your chicken salad and add a handful of sliced almonds.

Top with salt & pepper for a little extra flavour and a little leftover coriander.

### **Buddha Bowls**

Buddha bowls are a healthy take on comfort food. Each has the perfect mix of nutrients, veggies, protein or legumes, and good fats. Use leftovers or just assemble what's in your fridge. Try to follow the ratio of three servings vegetables to one serving of protein, adding good fats for flavour and nuts or seeds for texture.

#### Mexican

Combine 1 cup chopped cos lettuce or spinach with 1 cup cooked black beans. Top with 1 serving of cooked shredded chicken, stirring through 1 tbsp smoked paprika and ½ tsp chilli. Add ½ avocado, lime juice and coriander.

#### Vegetarian

Chop up half a butternut pumpkin and 2 kumara into cubes, pop onto a roasting tray, drizzle with olive oil, 1 tsp cumin and 1 tsp oregano and cook at 180 degrees Celsius for 20 minutes. For the last 5 minutes add ½ cup walnuts to the pan and roast. Mix ½ cup brown rice and ½ cup baby spinach in a bowl. Serve warm vegetable/walnut mix over the top. Drizzle with extra virgin olive oil and a handful of feta.

#### DIY

Combine any of the following to tailor your own Buddha Bowl.

Veggies – 1 cup roasted vegetables, 1 cup salad (kale, lettuce, spinach, chard), chopped tomatoes/peppers/cucumber/steamed broccoli/asparagus/green beans.

Protein – Roast chicken, cold sliced steak, grilled sausages, hard-boiled eggs, poached egg (placed on top), tin of tuna, flaked salmon, grilled tofu, chickpeas.

Good Fats – Olive oil, coconut oil, sliced avocado, feta, pesto, homemade dressing.

Texture – Sesame seeds, peanuts, fresh herbs, olives, pumpkin seeds, pine nuts, roasted cashews.

### **Nacho Mince and Beans**

Serves 6

1kg ground beef  
1 onion, diced  
3 cloves garlic, minced  
1 can kidney beans or black beans (drained)  
1 can chopped tomatoes  
2 tbsp tomato paste  
1 tbsp fresh basil, chopped or 2 tsp dried  
1 tbsp fresh oregano, chopped or 2 tsp dried  
Salt & pepper, to taste

Heat a skillet on medium-high heat. Add ground beef and cook, breaking it up with a wooden spoon or spatula, until its almost browned.

Season with salt & pepper and add onion. Reduce heat to medium and continue cooking, stirring frequently, until the onion has softened. Add garlic to pan, stir and cook for another minute or until the ground beef is completely cooked through.

Stir in the chopped tomatoes, tomato paste, kidney beans / black beans, and herbs.

### **Vegetarian Lettuce Wraps**

(serves 1)



2 Iceberg lettuce leaves  
1 palmful of roast pumpkin  
2 x closed palmfuls of mixed nuts & seeds  
Salt & pepper  
Optional extra vegetable fillings – tomato slices, cucumber, shredded carrot



Place ingredients in the iceberg lettuce leaves, fold into a wrap and consume. This is a perfect way have a light meal when you are moving away from eating bread. You can pick these up in your hand so you feel like you are having a sandwich or wrap.

### **Guacamole & Vege Sticks** **(Serves 2)**

1 large avocado  
½ small red onion diced  
Lemon juice  
Salt & Pepper

Mash the avocado in a bowl. Add onion, lemon juice and salt & pepper. Mix well. Serve with a handful of unpeeled carrot sticks and/or celery sticks.

### **Chocolate Chia Pudding** **(Makes about 10 servings. Serving size = three or four heaped tablespoons)**



1 can of coconut milk  
1 cup of almond milk  
3 or 4 TBL cacao powder  
3 or 4 TBL maple syrup  
Approximately ¾ cup of chia seeds

Combine all ingredients in a jar and shake until well mixed. Taste test to find your desired flavour and adjust the quantities of ingredients if needed. Refrigerate. After 30 minutes check the mixture is thickening up. If too liquid, add more chia seeds. The sweeter the mixture, the more sugar you have. Be aware of portion sizes.

Serve with a palmful of berries or half of a bobby banana.



**Rice Crackers, hummus, tomato and salt & pepper**  
(serves 1)

1 x serve of rice crackers (see packet)  
Palmful of cherry tomatoes sliced in half  
Hummus or avocado  
Salt & Pepper

The idea of this is to make easy snack without the wheat. A lot of people enjoy the ease of crackers and cheese, but the wheat crackers can create inflammation and the cheese is high in fat. Add a small amount of avocado or hummus on top.