



JENNINGS
HOLISTIC HEALTH COACHING

MEAL PLANS

Volume 6



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Volume 6 Recipes

Raw Date Granola



Makes 2 to 3 servings

2 cups dates
¼ cup coconut flakes
¼ cup almonds
¼ teaspoon of kelp sea salt

Process all ingredients in a food processor until combined. Store granola in a jar in the fridge for up to two weeks. Personally I recommend adding a tablespoon of coconut yoghurt to the bowl and a dollop of coconut cream.

Vegetable Sticks & Hummus



Serves 1

A generous helping of vegetable sticks
(carrots/celery/cucumber)
2 to 3 Tablespoons of Hummus

Simply chop up your raw veges and combine with some hummus. Alternatively use a half avocado. Season well.

Berries & Cream

I've adjusted this recipe to reduce food wastage. So the cream may be a little runny.



Serves 2 to 3

Up to 4 cups of assorted berries
½ cup of coconut cream

¼ teaspoon grated ginger
1 teaspoon maple syrup
2 to 3 Tablespoons Lemon juice
Few drops of vanilla essence if you have some
1 teaspoon of lemon zest
4 leaves of fresh mint (as a garnish)

Divide the berries into two bowls. Place the coconut cream into a mixing bowl. Add the vanilla, maple syrup, ginger and the lemon juice. Whisk until the mixture is smooth. Top with lemon zest & mint.

Jacket Potatoes & Mexican Beans



This recipe has been adapted to be more time efficient for you. The family will dig this recipe! It's basically nachos without the chips. Feel free to double this recipe for a family of four. I make a big batch and eat it over two or three days. Swap the potato for kumara or for a lower carb option try pumpkin.

Serves 2 to 3

2 large potatoes (leave skin on!)
1 can of watie's Mexican beans
1 can of tomatoes
2 carrots



3 sticks of celery
1 tablespoon of garlic (I used minced)
1 teaspoon of cumin
3 pinches of kelp sea salt
3 tablespoons of Hummus (one for each serving)
Parsley as a garnish
1 Tablespoon of coconut oil
Little bit of water

Pre heat the oven to 200 degrees Celsius. Slice the potatoes in half and poke holes in several places with a fork. Bake for 45 to 60 minutes. While the potatoes bake, heat the coconut oil in a saucepan on a moderate heat. Add minced garlic. Dice the celery & carrots and add to the pan. Constantly stir to avoid sticking to the pan and add small amounts of water as you go. Sautee until carrots are soft. This takes about 10 to 15 minutes. Add the can of beans and tomatoes. Stir well and simmer for 15 minutes stirring constantly.

I like to slice my potatoes longways and crossways, in a hash tag configuration (#####). Pour the bean mix over the potato and add a tablespoon of hummus on top. Sprinkle parsley over as a garnish.

Fruit Skewers with Strawberry Date Sauce



I'm suggesting kiwifruit here as it is in season and a great source of vitamin C, but feel free to adjust. This is a great after school snack for the kids to get involved in.

Serves 4

- 8 skewers
- 3 Kiwifruit
- 1 cup of berries
- 2 bobby bananas
- 1 cup of dates
- 1 cup of strawberries

Combine the dates and strawberries into a blender and blend until smooth. Peel and arrange the rest of the fruit on the skewers.

Warm Apples with Caramel Dip



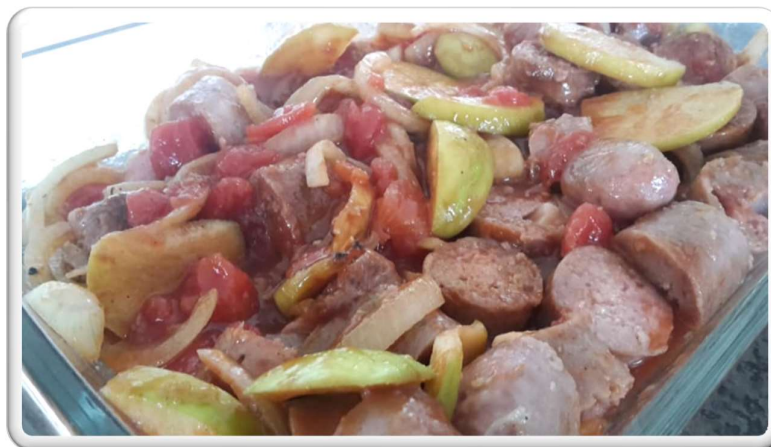
If you are working with dry dates, soak them for one to two hours to soften them.

Serves 1 to 2

1 large green apple sliced
6 dates pitted
¼ teaspoon cinnamon

Heat the sliced apple in the microwave for 20 to 30 seconds. Blend the dates and cinnamon with a splash of water until combined and smooth consistency.

Devilled Sausages (Plant based or regular option)



See overleaf

I've always been a fan of Devilled Sausages in winter. Perfect on a Saturday night before the rugby with some pumpkin mash and boiled greens. Check it out.

Serves 4

600gr Beef Sausages or plant based sausages
1 clove of garlic crushed
2 green apples sliced
1 tablespoon of coconut oil
1 or 2 onions finely sliced
¼ cup of tomato sauce
1 tablespoon of brown sugar
2 tablespoons of malt vinegar

Pan fry sausages until browned and just cooked. Chop and place into a casserole dish. In the same pan, fry the onions, garlic and apple until soft. Pour over sausages. Add rest of ingredients and mix through. Place casserole dish in the oven and cook for 25 to 30 minutes at 180 degrees Celsius. Keep your meat portion to a palm size. Add mashed pumpkin and boiled greens on the side.

Baked Pears (or Apples)

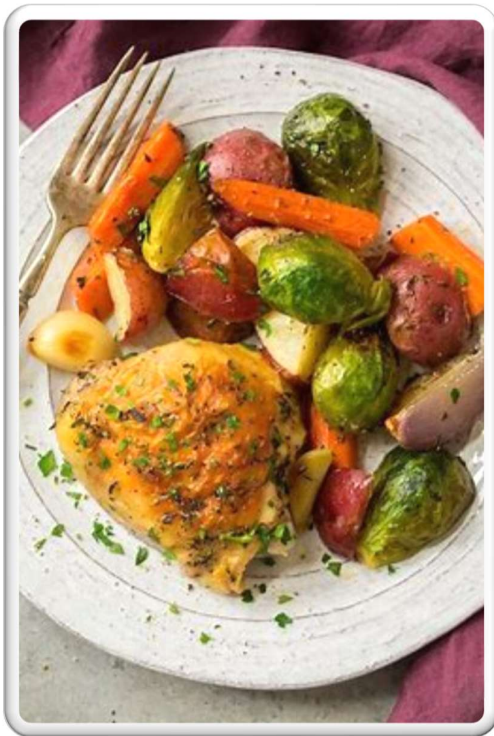


Serves 2

2 pears
2 teaspoons maple syrup
¼ cup chopped walnuts
½ teaspoon of cinnamon

Preheat the oven to 175 degrees Celsius. Slice the pears length ways and remove seeds. Place the pears face up in a roasting tray. Brush with maple syrup over the face. Divide the walnuts evenly across the pears and sprinkle cinnamon over the top. Bake for 20 to 30 minutes. If having for breakfast add some coconut yoghurt on the side.

Roast Chicken & Veggies



I haven't included a recipe here, this is really just a rotisserie Chicken with boiled greens and some kumara or pumpkin on the side. Add some gluten free gravy if you like. Perfect when you can't be bothered cooking!

Banana Nut Milkshake



We make this at home for the kids at 3pm. But it is another great option when you are craving something sweet and can't be bothered cooking. Use this at anytime of the day.

Serves 2 to 3

1 teaspoon of vanilla essence
400ml of rice milk
2 to 3 frozen bobby bananas
3 dates
Sprinkle of cinnamon
Optional add 1 – 2 tbs cacao powder
1 closed palmful of nuts & seeds

Place all ingredients in a blender and whizz it up. If you don't want it too cold, use fresh bananas instead of frozen.

Chicken Lettuce Wraps



This is a great option for an easy lunch that excludes bread. Use an iceberg lettuce leaf as the bread alternative. Use a palmful of chicken as your protein and any other veges like carrots, tomatoes, cucumber etc. Olive oil & lemon juice is a great dressing. Be creative and don't restrict your creativity!

Bacon Bone Soup (Or Chicken)



I'm a big believer in soups during winter, especially when someone in the house is sick. Soup increases your water intake during cooler weather. Feel free to mix up the veges and add the quantity you are comfortable with. Aim to stick to one palmful of meat. Pork is a fattier meat and will load the liver a bit more. However, you can change for a free range chicken carcass if

you prefer. If you have started the program recently, you may like to use this as a cheat meal occasionally.

Serves many! Will last a few days.

1 pack of bacon bones
Soup pot filled with water
2 onions
3 tablespoons of garlic
Pumpkin, kumara or potato to suit
Celery
carrots

Avocado Boats with Mexican Beans



Avocados are always more expensive during winter. But when it comes to a filling health food it goes along way. One Avo serves two to three people, so it can be quite economical. Also consider shopping at farmers markets to get a better deal. Even when avocados are out of season Heidi and I will still shop around and get them. We just don't eat as many of them in the colder months. I have added optional Mexican Beans to this recipe as a carb to help you sleep better and wind down during the evening.

Makes 4 serves

2 avocados
1 cup of diced cucumber
¼ cup of diced onion
1 tsp minced garlic
½ lemon juiced
2 pinches of kelp sea salt
2 pinches of cayenne
1 ½ cups of diced tomato
2 tins of Mexican Beans (optional)

Slice the avocado length ways. Remove the pips. Combine the rest of the ingredients in a bowl and scoop the salsa into the centre of each avocado and serve. Add ½ can of heated Mexican beans to each serve if desired.

Grape Slushy



You can use either frozen or refrigerated grapes for this recipe.

Serves 2 to 3

3 cups of grapes
3 cups of coconut water

Blend the grapes and coconut water together until well combined. Serve and enjoy

Orange & Olive Salad



Serves 2 to 4

6 oranges
¼ cup sliced olives
¼ cup of finely chopped parsley
1 bag of rocket lettuce
¼ cup thinly sliced red onion
1 avocado or use hummus
Black pepper

Peel the oranges. Slice into discs and arrange onto plates. Top with other ingredients and enjoy!