JENNINGS
HOLISTIC HEALTH COACHING

MEAL PLANS

Volume 8

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Volume 8 Recipes

Berry Banana Smoothie

Serves 1
1 handful of frozen berries
1 handful of frozen banana slices
1 to 2 cupful's of rice milk, water or coconut water
Optional pinch of cinnamon or kelp sea salt

Place fruit and liquid into a blender and blend until smooth and consistent and pour into a glass. Sprinkle salt or cinnamon over the top if desired.

Baked Banana Foster

Serves 3

3 bananas
2 ½ tablespoons of maple syrup
½ teaspoon cinnamon
2 teaspoons of maple sugar (if you can find it)
1/8 teaspoon kelp sea salt

Preheat oven to 190 degrees. Slice the bananas in half lengthwise, and arrange them in a dish lined with baking paper. In a small bowl mix together ½ tablespoon of the maple syrup and sea salt until well combined.

Brush the banana slices with the remaining maple syrup making sure to coat both sides. Spread the cinnamon mixture evenly on top of the banana slices and bake them in the oven and bake for 15 to 18 minutes until the bananas are soft and golden brown.

Remove the baked bananas from the oven and serve with a couple of tablespoons of almond yoghurt if you like.

Caramel Apple Rings

Makes four servings

I lemon juiced & divided
3 red apples
1 cup of dates pitted
Vanilla bean or vanilla essence
½ cup of water
Optional shredded coconut

Fill a large bowl with water and pour half the lemon juice into it. Turn each apple sideways and cut into ½ centimetre slices. Use a cookie cutter or bottle cap to punch out a circular hole in each slice. Place the rings into the water to prevent browning.

Blend the dates, ½ cup of water, vanilla and remaining lemon juice until a thick caramel sauce forms. Spread the apple rings with the sauce and use some sprinkle some optional shredded coconut over the top.

Liver Rescue Salad

OPTION A
3 cups chopped tomatoes
1 cucumber, sliced
1 cup chopped celery
1 cup chopped coriander (optional)
½ cup chopped parsley (optional)
½ cu chopped spring onion (optional)
8 cups any variety of leafy greens (spinach, rocket, butter lettuce etc)
1 lemon, lime or orange, juiced

OPTION B
2 cups thinly sliced red cabbage
1 cup diced carrot
1 cup diced asparagus
1 cup diced radish
2 cups diced apples
½ cup chopped coriander
8 cups any variety of leafy greens (spinach, rocket, butter lettuce etc)
1 lemon, lime or orange juiced

Optional Orange Vinaigrette Dressing

1 cup orange juice
1 garlic clove
1 tbsp raw honey
¼ cup water
1/8 tsp sea salt (optional)
1/8 tsp cayenne (optional)

Place the salad vegetables and the leafy greens of your choice in a bowl and mix together to form the base of the salad.

Drizzle the fresh lemon, lime or orange juice over top to taste. Alternatively, make the Orange 'Vinaigrette' by blending all of its ingredients until smoothly combined.

Toss your salad in the straight citrus juice or Orange 'Vinaigrette' Dressing until well mixed.

If you're sharing with another or saving some for later, divide the salad into two bowls.

Pear & Blue Cheese Salad

Serves 4 to 5

For a lower fat option you can leave the walnuts out of this recipe.

1 packet of rocket leaves
4 pears sliced into thin wedges
100gr of Roquefort cheese or blue cheese
Handful of toasted walnuts (optional)
1 tbls Dijon mustard
Pinch Kelp sea salt

4 tbls Olive oil
1 tbls lemon juice

Place a handful of rocket on each plate. Make the dressing next as the this will stop the pears going brown. Mix the mustard, olive oil, sea salt and lemon juice together in a glass or jug.
Toss the pears in a bowl and coat well with the dressing. Toast some walnuts for 5 minutes in the oven.

Scatter the pear pieces over the rocket. Break up the cheese and dot over the salad. Sprinkle with the walnut pieces.

Sweet Potato and Black Bean Salad with Spicy Lime Vinaigrette

2 sweet potatoes, diced
8 garlic cloves, unpeeled
½ red onion, finely diced
1 red bell pepper, diced
2 cups cooked black beans
¼ cup chopped coriander
8 cups leafy greens (optional)
Salt to taste

SPICY LIME 'VINAIGRETTE'
½ cup loosely packed coriander
2 tbsp lime juice
2 tbsp raw honey
¼ tsp sea salt
2 garlic cloves
½ ripe jalapeno (optional)
½ cup water

Preheat the oven to 220 degrees Celsius.

Spread out the sweet potatoes and the garlic cloves on a baking tray lied with parchment paper and place in the oven. Roast the sweet potatoes and garlic for 20-30 minutes until the sweet potatoes are fork-tender.
Peel and mince the roasted garlic cloves.

Place the roasted sweet potatoes, red onion, red bell pepper minced roast garlic and black beans into a mixing bowl and stir to combine.

To make the Spicy Lime 'Vinaigrette', place all the dressing ingredients in the blender and blend until a smooth, thin sauce forms.

This salad can be eaten warm or chilled. Immediately prior to serving, toss the sweet potato and black bean mixture in the Spicy Lime 'Vinaigrette'. Serve garnished with chopped coriander and over a bed of leafy greens. If desired, add an extra sprinkle of sea salt to taste.

'Nachos-Style' Baked Potatoes

6 medium potatoes
2 tsp coconut oil
½ tsp sea salt, divided
1 avocado
1 cup diced tomato
1 cup diced onion
½ cup coriander, chopped
½ jalapeno, minced (optional)
2 limes
¼ cup Garlic Cashew Aioli (optional)

Preheat the oven to 190 degrees Celsius.

Peel and slice the potatoes into rounds which are ¼ inch – ½ inch thick. Toss them with the coconut oil and ¼ tsp of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes.

While the potatoes bake, combine the avocado, tomato, onion, coriander, jalapeno and the juice of both limes in a small mixing bowl. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and drizzle the Garlic Cashew Aioli over the top if desired. Finish the nachos off with the remaining sea salt.

GARLIC CASHEW AIOLI

1 cup cashews
2 tbsp olive oil
2 garlic cloves
2 lemons
¼ tsp sea salt
Water – amount depends on desired consistency

Combine cashews, olive oil, garlic, juice of two lemons and sea salt in the blender with a small amount of water. (Start with a few splashes and blend. Add more water until you reach desired consistency. The mixture should be able to be poured or served with a spoon like a normal salad dressing. Too much water will make it runny).

Fruit Bowl

Options include watermelon, nashi, pears, apples, berries etc.
Mix up to two cups of fresh fruit together in a bowl and serve.

Chickpea Quiche

4 cups small broccoli florets
4 cups halved cherry or grape tomatoes
4 cups diced red onion
8 garlic cloves, skin on
2 cups water
3 cups chickpea flour
4 tbsp fresh lemon juice
2 tsp poultry seasoning
2 tsp sea salt

Preheat the oven to 200 degrees Celsius.

Spread the broccoli florets, tomatoes, red onion and garlic cloves on two baking sheets lined with parchment paper and roast for 15-20 minutes until tender.

Peel the roasted garlic and place them into the blender along with the water, chickpea flour, lemon juice, poultry seasoning and sea salt and blend until a smooth batter forms.

Pour the batter into a large mixing bowl and stir in all of the roasted vegetables.

Pour the mixture into a quiche dish or pan lined with parchment paper. Alternatively, you can divide the quiche batter into a standard 12-cup muffin pan lined with parchment baking cups and make individual mini quiches.

Baker for 30-35 minutes, opening the oven halfway through to release steam. The quiche is done when the top is browned and a toothpick inserted in the middle comes out clean.

Remove the quiche from the oven and allow to cool before serving.

Chicken Salad

Serves 4
½ palm of chicken per person (skin removed)
1 head of iceberg lettuce shredded or 1 packet of baby lettuce leaves
Other Salad vegetables – cherry tomatoes, cucumber, carrots etc
1 handful of torn mint and basil leaves
Drizzle of olive oil
Squeeze of lemon juice
Optional hummus

Place all the lettuce in a salad bowl. Add in your optional veges like cherry tomatoes, cucumber and carrot. Grab your handful of basil and mint leaves and toss in the bowl. Squeeze some lemon juice over the salad and mix all ingredients together. Place on each plate and add a tablespoon of hummus and drizzle olive oil over the top. Add the chicken to the side.

Berry & Banana Ice Cream

Serves 2 to 3

Combine 1 cup of frozen berries and 1 cup of frozen banana slices together in a high powered blender. Blend until smooth like a sorbet. You can also use strawberries, raspberries or blackberries.

Watermelon Smoothie

Serves 2

2 cups of fresh watermelon cubes
2 cups of frozen watermelon cubes
1 lime juiced (or lemon)

Blend all ingredients together and enjoy!

Potato Pancakes with Cucumber Radish Salad

2 large potatoes, peeled and grated
1 tbsp arrowroot powder
½ tsp sea salt, divided
1 cucumber, thinly sliced
6 radishes, thinly sliced
2 tsp raw honey
1 tbsp lemon juice
1 tbsp dill, minced
¼ chopped chives
¼ tsp red pepper (optional)

Preheat the oven to 220 degrees Celsius.

Combine the potatoes, arrowroot powder, and ¼ tsp sea salt in a mixing bowl and stir to combine.

Line two baking trays with parchment paper. Drop the potatoes onto the parchment paper by the ¼ cup and shape them into circles approximately 6cm in diameter, using your hands or a cookie cutter as a mold. Press them down until the approximately ¼ inch thick.

Bake the potato pancakes for 20 minutes. Remove them from the oven and flip the pancakes over by carefully grasping the edges of the parchment paper and flipping the entire sheet. If needed, peel any stuck potato pancakes carefully off the parchment paper and stick them back into the oven on the unlined baking trays for 5 minutes more.

While the potato pancakes are baking, make the Cucumber Radish Salad by combining the sliced cucumber and radishes with the honey, lemon juice, dill, chives, remaining ¼ teaspoon of sea salt and red pepper in a mixing bowl, tossing gently to combine.

Serve the potato pancakes, piping hot and garnished with Cucumber Radish Salad.

Celery Juice

Serves 1

¾ bunch of celery

Juice all celery until you have reached about 500ml or two cups and drink immediately on an empty stomach. Do not make huge batches of excess juice as it loses potency with oxidization. Celery juice is an amazing healer. It cools the liver down, reinstates hydrochloric acid in the stomach, dissolves gallstones and assists the liver to purge old stored toxins and bacteria. If you have had health issues recently, this is a worthy addition.