



JENNINGS
HOLISTIC HEALTH COACHING



Happy Hormones

Family Friendly Recipe E-book

14 Day Ultimate Menopause Transformation Recipes

Conversion Details

To convert grams to ounces, divide the total grams by 30. For example 150gr divided by 30 = 5 ounces.

Fahrenheit	Celsius
32	0
68	20
212	100
325	160
350	180
375	190
400	200
425	220
450	230

Cups	fluid Ounces	Millilitres
1/8 cup	1 fl oz	30 ml
1/4 cup	2 fl oz	60 ml
1/3 cup	3 fl oz	80 ml
1/2 cup	4 fl oz	120 ml
2/3 cup	5 fl oz	160 ml
3/4 cup	6 fl oz	180 ml
1 cups	8 fl oz	240 ml
2 cups	16 fl oz	480 ml
4 cups	32 fl oz	960 ml
	33 fl oz	1000 ml

Dry Weight		
1 oz	1/16 lb	30 gr
4 oz	1/4 lb	120 gr
8 oz	1/2 lb	240 gr
12 oz	3/4 lb	360 gr
16 oz	1 lb	480 gr

Blue Banana Detox Smoothie



Makes 1 to 2 servings

2 bananas

1 cup of wild blueberries

1 tsp barley grass juice powder

1 tsp of spirulina

1 cup of water or rice milk

1 handful of spinach

Combine the bananas, blueberries, barley grass juice powder, spirulina and spinach in a blender and blend until smooth. We've suggested 1 cup of water here but, you can use rice milk, cashew nut milk or water. Also feel free to add more or less liquid to find the consistency that you

Fruit Salad

Slice up bananas, strawberries, canned peaches (drain first) into a bowl and top with a dash of coconut milk. Add additional fruit such as dates, kiwifruit, pears, pineapple and any other fruit are a great addition to your fruit salad here. Do not be fussed with portions – fill your bowl up!



Buddha Bowl

This is a super easy dish to prepare for the family. It's tasty, inexpensive, filling, vegetarian and can be used for dinner or lunch. Use the ingredients in your fridge to make your own recipe.



1 serve

½ can Wattie's Mexican chili beans

1/2 serving uncle Toby's brown rice single serves

¼ - ¼ avocado or hummus

Sliced & shredded veges such as cucumber, tomatoes, pickles, olives, lettuce, falafels etc.

Optional chicken

Heat the Mexican beans in the microwave and cook the rice as per microwave instructions.

Serve with avocado or hummus and a sprinkle of sea salt. Optional additions include adding a fresh side of salad to your bowl.

*Note that you may find this dish rather filling and so a smaller dinner may be fine. Try it and see. If you have

Sweet As Chicken Salad



Serves 1

Place a large handful of mixed lettuce in a bowl. Add chopped cherry tomatoes, cucumber, slices and fresh mint leaves. Top with pineapples salad and grilled chicken breast.

Season with salt and pepper and use a light swirl of bbq sauce or sweet chilli sauce.

Alternatives:

*Use fish instead of chicken

* add grilled onion and shredded carrot

Lime & Turmeric Coconut Curry



Makes approx. 6 to 8 serves

1 onion

1 tsp turmeric

1 tsp lemongrass

1 tbsp vegetable stock

¼ inch ginger, sliced

Red curry paste, to taste

2 cups water

Coconut milk (a splash or more to taste)

8-10 mushrooms

Roasted veges (about 2 potatoes / 2 kumaras / 1 cup pumpkin / 2 carrots)

Splash of lime juice

1 block tofu



Saute onion, add turmeric and lemongrass.

Add vegetable stock, 1 tbsp water and ginger and cook together.

Add curry paste and water.

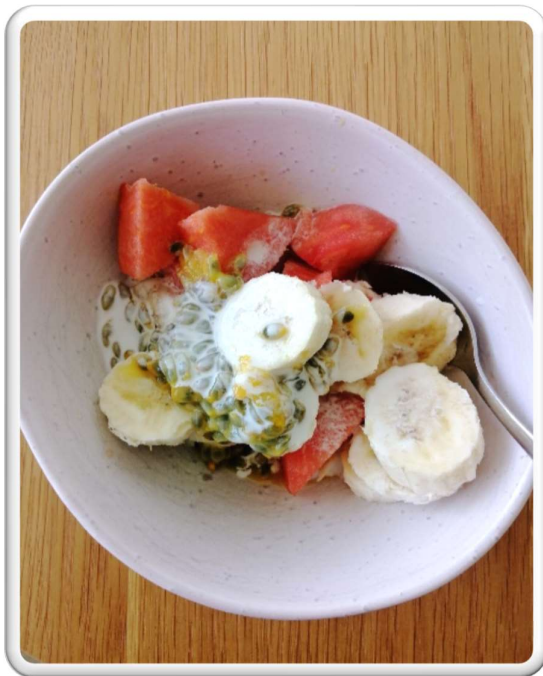
Add coconut milk, roasted veges and mushrooms

Add lime juice and tofu.

Cook until well mixed and tofu is cooked.

Serve with rice, avocado and fresh herbs.

Fruit Salad Medley



Serves 1

1 x banana

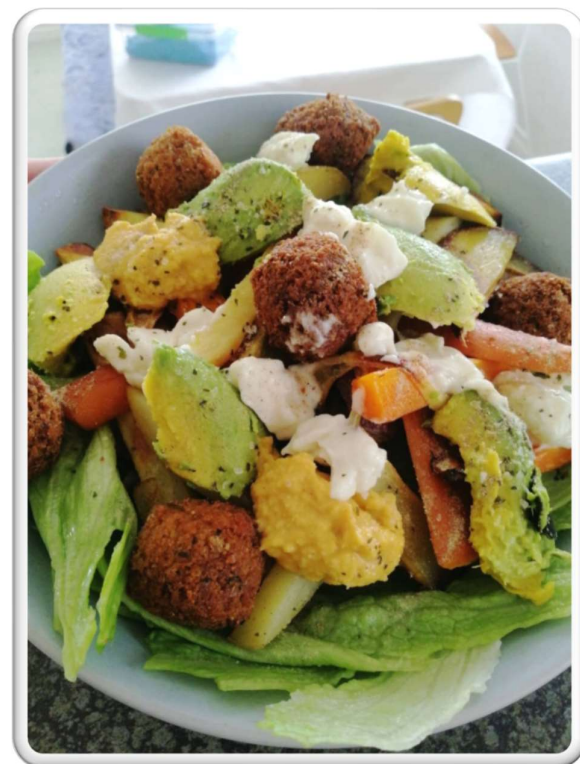
1 handful of watermelon (replace with rock melon or kiwifruit)

1 to 2 passionfruit

Drizzle of coconut milk

Chop the fruit into a bowl and drizzle with coconut milk. You can also use strawberries as a replacement for passionfruit.

Falafel Turkish Salad



Serves 1

Bowlful of Shredded lettuce

1 cup of shredded carrot

Handful of cherry tomatoes chopped

¼ avocado

Handful of Dannys Falafels

1 x tbs Hummus (canola oil free, low-fat option)

2 x tsp of Garlic aioli (dairy free, egg free)

Juice of lemon quarter

Salt & pepper

*Add extras such as beetroot, pineapple, pickles, onions, capsicum, coriander, parsley or chopped mint.

Place shredded lettuce into a bowl

Add shredded carrot, tomatoes and cooked falafels (see packet for details)

Top with hummus, aioli and any other extra fillings listed above.

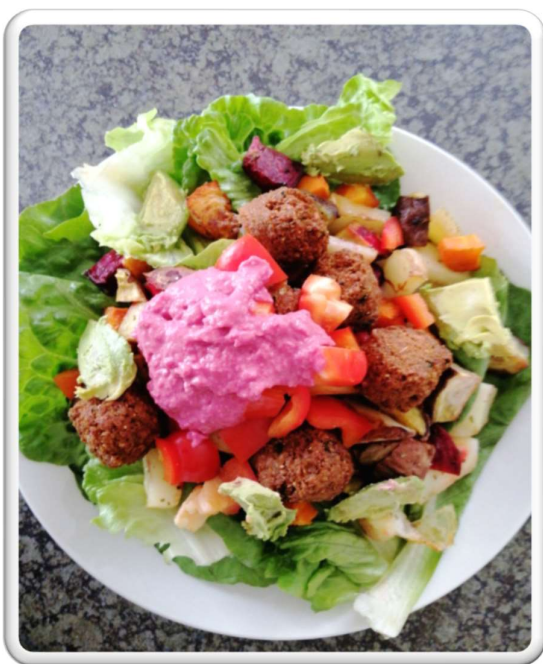
Drizzle lemon juice across the salad and season.

Frozen Fruit Bowl



Place one to two cups of fresh or frozen fruit into a bowl and use as a snack. Use as a finger food or drizzle with a touch of coconut milk.

Roast Vegetable Medley



This is a great option to use leftovers from the previous night's roast. It's a great option to take to work the next day and heat quickly for some healthy comfort eating.

Shredded lettuce or spinach leaves on a mid-sized plate
A generous handful of heated roast vegetables (roast capsicum, kumara, onions, beetroot, pumpkin, falafels)
1 tbs of low fat hummus or avocado
Lemon juice
Salt & pepper

Roast Chicken & Vegetables

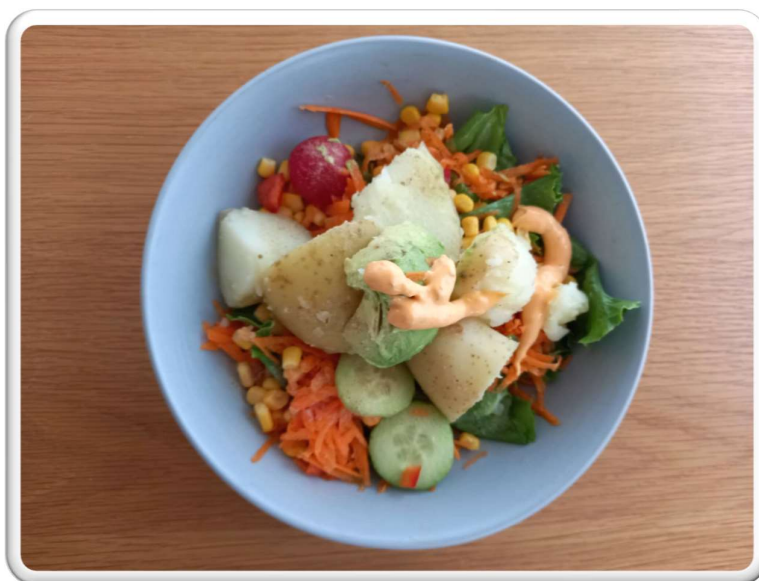


The roast chicken option is there to make the plan more “family friendly”. Use either a rotisserie chicken or home cooked chicken, gluten free gravy, some roast veges (such as kumara, pumpkin & potato) and boiled greens.

Stick to your palm size piece of chicken, a cupful of roast vegetables and as many greens as you like. Season with salt & pepper.

Use the leftover vegetables the next day for a roast vegetable medley at lunchtime.

Warm Potato Salad & Warm Kumara Salad



This is a favourite of mine. Potatoes have been blamed for weight gain and even been described as a food with very low nutritional qualities. As you'll find out, the humble potato is going to give you great fuel during the day, it's going to stabilise the adrenal glands, reducing adrenalin surges, and provide emotional support. Potatoes will help you sleep deeper, provide B6 vitamins and valuable lycine which helps prevent viruses & bacteria replicate themselves. For an alternative take on this recipe, you can use pumpkin or kumara.

See overleaf

Serves 5 to 6

4 to 6 medium potatoes washed, scrubbed and quartered

Mint leaves chopped

1 cucumber sliced

2 large carrots shredded

1 x can of corn kernels

1 x handful of cherry tomatoes chopped

1 x avocado

1 x large bowl of lettuce leaves of your choice

Watties burger sauce

Boil potatoes until soft. Layer the lettuce onto each plate and top with salad vegetables. Place potatoes and avocado on top of salad and sprinkle chopped mint over the top. Add 1 x tablespoon of watties burger sauce and season well.

Chicken or Falafel Pear & Rocket Salad



Serves 4 to 5

1 packet of rocket leaves

½ palmful of lean chicken or 4 falafels per person

4 pears sliced into thin wedges

Handful of crushed toasted walnuts (optional)

1 tbsp Dijon mustard

Pinch Kelp sea salt

4 tbsp Olive oil

1 tbsp lemon juice

Place a handful of rocket lettuce on each plate. Make the dressing next as 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. Sprinkle with the walnut pieces. Add your choice of chicken or falafels to your plate and enjoy! Note – heat the chicken/falafels for a more comforting meal during cooler weather.

Rice Crackers & Tomato Slices



Use 6 to 8 plain unsalted rice crackers for this serving and then place tomato slices on each. Lightly season with pepper and kelp sea salt.

& Dates and Celery & Apricots

These are some simple snacks you can use between main meals. Use as many celery sticks as you like and combine with a piece of fruit or a palmful of apricots. These are just some suggestions, so feel free to use other fruits and veges as alternatives.

Medicinal Menopause Supplements and Juices

Cucumber Juice



Juice 2 telegraph cucumbers using a juice extraction machine or at least enough to make 500mls of cucumber juice (one serve). Why cucumber juice? It cools the liver down which in turn can help reduce temperature fluctuations. Try keeping some in the fridge. If you wake up in the middle of the night the juice can cool you quickly helping to cleanse the liver. This can be used during the day too. Feel free to make extra juice for extra servings.

Clinicians Vitamin B12 (with methylcobalamin)

Use Vitamin B12 in liquid form with a dropper. Necessary for the livers 2000 functions, including the immune system, detoxification, balancing blood sugars, nerve and brain function. Suggested dose is 1 x dropperful in the morning and 1 x dropperful in the evening.

Clinicians Liquid Zinc Sulphate

The correct zinc is important to get the results you are after. Liquid zinc sulphate is anti-viral, anti-bacterial and is necessary for all 2000 functions of the liver. Zinc stabilises the immune system. Recommended dosage 1 x full squirt per day. For more extreme levels of menopause issues add an extra dose to your evening routine.

Ashwaghandha Capsules

Ashwaghandha is a useful supplement to stabilise the adrenal glands. Like the immune system, the adrenal glands can overreact or under perform when dysfunctional. The adrenal glands are sensitive to heat, so multiple hot flushes over many years can damage them. The adrenal glands step in and produce hormones like progesterone and oestrogen when the ovaries start to shut down, so if the adrenals aren't working properly, you can have a hormonal imbalance among the issues. **Note ashwaghandha is not to be used with anti-depressants or anti-anxiety medications.**

Organic Barley Grass Powder

Barley grass powder alkalises and cleanses the blood, reduces joint pain, removes dark circles under the eyes, eases digestive issues, removes toxins that feed pathogens and cleanses the liver. Recommended dosage 2 teaspoons, twice per day.

Organic Spirulina Powder

Contains vital nutrients that help the liver detox function, Removes toxins from the body and liver, contains plant based iron and is the highest protein based food in the world. Recommended dosage 1 teaspoon twice per day.