



JENNINGS
HOLISTIC HEALTH COACHING

MEAL PLANS

Volume 11



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Volume 11 Recipes

Island Fruit Salad

The island is a simple tropical fruit type of salad combined with coconut milk for a nice island flavour. Serves 1

- ½ can of peaches (drained)
- ½ banana sliced
- 1 x handful of berries (any sort is fine)
- 1 drizzle of coconut milk

Cut the fruit and place into a bowl. Drizzle the coconut milk over and enjoy.

Banana, Mango & Passionfruit Smoothie Bowl



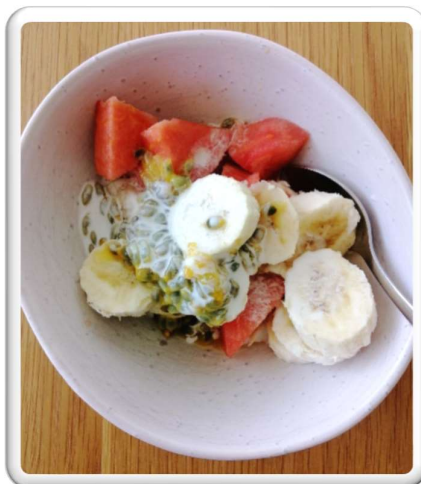
Serves 1

- 1 handful of frozen mango
- 1 banana
- 1 or 2 Passionfruit (or use other fruit like Kiwifruit)
- 1 cup water (optional)

Choosing either frozen banana or mango will make the smoothie creamier.

Combine ingredients and blend until smooth. Makes an ideal breakfast, but can be used as a sweet fix later in the day if needed. Passionfruit really adds to this recipe, but they can be expensive. If this becomes too expensive simply omit from your recipe and overall plan.

Banana, Watermelon & Passionfruit Salad



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.

Raw Blueberry Pie



Directions overleaf

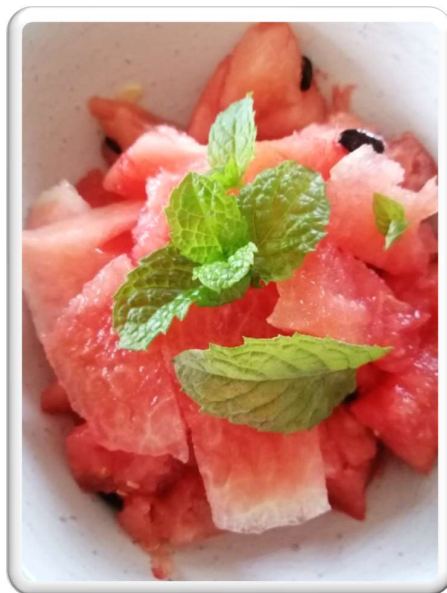
1 serve is 1 palm size
1/3 cup cashews
1/3 cup unsweetened shredded coconut
4 cups dates, pitted
570g frozen wild blueberries, thawed
1 mango, diced

For the crust, process the cashews, coconut and 3 cups of date in a food processor until thoroughly combined and smooth. Press the crust into a 22cm pie dish. Cover and refrigerate.

For the filling, process half of the wild blueberries, the remaining cup of dates, and the mango in a food processor until smooth. Stir in the other half of the blueberries. Pour the filling into the pie crust and allow to set in the refrigerator for at least 40 minutes.

Serve the pie cold and enjoy!

Watermelon, Mint & Lime Bowl



Serves 1
2 cups of diced watermelon (or use rock melon or banana)
Lime juice from 1 lime
Small palmful of finely chopped mint leaves

Place the watermelon in a serving bowl, squeeze over the lime juice and sprinkle the finely chopped mint.

Lentil Moussaka



Eggplant Layer

1 medium eggplant

Lentil Layer

1 tbsp olive oil
1 onion, chopped
4 garlic cloves, finely chopped
1 carrot, chopped
1 celery stalk, chopped
1 bay leaf
1 tsp thyme
½ tsp cinnamon
1 can lentils
1 can crushed tomatoes
½ cup vegetable broth
Salt and pepper to taste

Potato Layer

2 large, or 4 medium potatoes, peeled and cut into chunks

1 tbsp coconut oil
Splash of nut / rice milk
Salt and pepper to taste

Bechamel Sauce

5 tbsp olive oil
5 tbsp gluten free flour
1 litre nut / rice milk (you may not need a whole litre. Add milk slowly until you reach desired consistency. You want to be able to pour the sauce but not have it too runny).
Pinch black pepper
4 tbsp nutritional yeast
Pinch nutmeg
2 bay leaves

Method

Roast the Eggplant

Preheat oven to 200 degrees Celsius. Cut eggplant into slices 1 cm thick. Place on baking sheet and bake 20 minutes until tender.

Cook the Lentils

Heat oil in a skillet. Add onion and garlic and cook 2 minutes on medium heat. Next add carrot, celery, bay leaf, thyme and cinnamon and let cook for 5 minutes until veges are tender. Add lentils, tomatoes, vege broth, salt and pepper. Lower heat and simmer 30 minutes.

Potato Layer

Boil potatoes until tender. Drain water, add coconut oil, milk, salt and pepper. Mash until smooth.

Bechamel Sauce

Bring all ingredients to the boil, stirring. Take off heat and allow to thicken. Season with salt.

Putting it all together

Preheat oven to 180 degrees Celsius. Layer eggplant, lentils and mashed potatoes in baking dish. Pour over béchamel sauce. Bake 30-40 minutes.

Lime and Turmeric Coconut Curry (with Tofu)



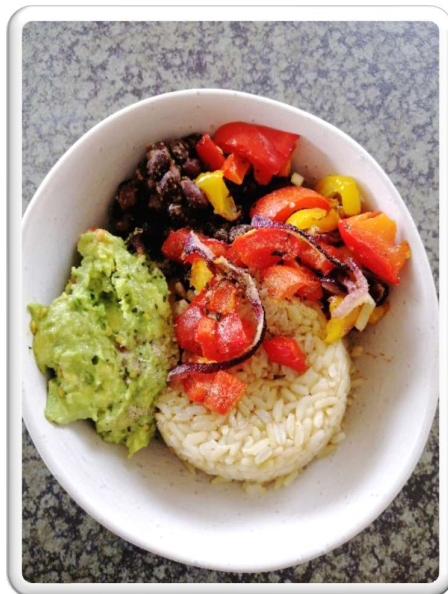
1 onion
1 tsp turmeric
1 tsp lemongrass
1 tbsp vegetable stock
¼ inch ginger, sliced
Red curry paste, to taste
2 cups water
Coconut milk (a splash or more to taste)
8-10 mushrooms
Roasted veges (about 2 potatoes / 2 kumaras / 1 cup pumpkin / 2 carrots)
Splash of lime juice
1 block tofu

Directions

Sauté 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.

Note: For weight loss goals use rice sparingly. 1 or 2 tablespoons is suffice.

Roast Capsicum Burrito Bowl



Spicy Black Beans
 1 tsp ground cumin
 1 tsp garlic
 1 tsp ground coriander
 ½ tsp chipotle pepper powder (optional)
 ½ tsp dried oregano
 2 tbsp chopped coriander
 Dash of black pepper
 Dash of cayenne (optional)
 1 tbsp tomato sauce
 1 can black beans, drained
 Salt to taste.

Roasted Vegetables

1 red capsicum, thinly sliced
 1 green capsicum, thinly sliced
 ½ red onion, sliced

Guacamole

1 ripe avocado
 1 tbsp finely chopped red onion
 1 small tomato, finely chopped
 ½ tsp ground cumin
 ¼ cup chopped coriander
 Dash black pepper and salt
 1 tsp lime / lemon juice

Prepare each component separately then add together in a bowl. Serve with salsa and a cooked grain such as rice or quinoa.

Mexican Beans with Brown Rice

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. Here's what you need:



- ½ can Mexican beans
- 1 serving uncle tobys brown rice single serves
- ¼ - ½ avocado or hummus

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 portions of rice for females may be better suited to ½ serve of brown rice. Try it and see. If you have this meal at lunch time, you may find that an afternoon snack is not needed, and a smaller dinner is suffice.

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!

Apple, Celery & Walnut Salad



Serves 3 to 4

- 1 large Apple unpeeled
- 2 Sticks of celery
- ½ cup of crushed walnuts (can be toasted)
- 1 bag of rocket lettuce, spinach
- Olive Oil
- Lemon juice

Place salad greens into a bowl. Thinly slice apple and celery, and place into the bowl. Toss with olive oil and lemon juice making sure salad ingredients are evenly coated. Sprinkle walnuts over the top. Serve and season well.

*Feel free to add other salad ingredients like avocado, carrots, cucumber, tomato, coriander etc.

Orange, Mint & Apple Salad



Serves 3 to 4

- 1 orange
- 1 large apple
- Fresh mint, parsley or coriander
- 1 bag of rocket lettuce, spinach
- Olive Oil
- Lemon juice

Place salad greens and mint into a bowl. Thinly slice apple and orange, and place into the bowl. Toss with olive oil and lemon juice making sure salad ingredients are evenly coated. Serve and season well.

*Feel free to add other salad ingredients like avocado, carrots, cucumber, tomato, coriander etc.

Baked Falafel & Roast Vege Salad

This is a nice easy dish to prepare. Use the ingredients that you have at home to bulk this up, add some colourful salad vegetables that are handy and add some rotisserie chicken to the family's plate if they want some meat. We use pre-made falafels at home for convenience. If your goal is weightloss, I suggest you focus more on pumpkin and falafels for your dish.



Serves one

1 handful of Baked falafels
1 handful of roast mix vegetables (potato, pumpkin, kumara & onion)
A bed of lettuce or other salad greens (we used red pepper as pictured)
1 generous TBLS of Avocado
Green salad ingredients of your choice
1 generous TBLS of Hummus
Lemon juice & Olive oil as a dressing

Chop your chosen roast vegetables into small chunks, and coat in olive oil. Place in roasting pan and add the pre made falafels. Bake on 200 degrees for about 15 minutes – 20 minutes. Cooking time can depend on frozen falafels and vegetable size.

While the vegetables are roasting, set up a bed of lettuce on a plate, and cut up any other raw vegetables of your choice. Place the roasted veges & falafels on the lettuce and top with raw vegetables, season with kelp sea salt and hummus.

Asian Style Chicken Lettuce Wraps



(Serves 6)

Thinly sliced green spring onion
6tsp of sliced (matchstick style) baby carrots
6tsp Asian peanut sauce 6 tsp (or alternative)
170gr grilled chicken (finely chopped)
6 large lettuce leaves (iceberg or cos lettuce)

Grill the chicken until cooked.

Mix green onion, carrots, peanut sauce, and chicken together in a bowl. Divide the mixture evenly among six lettuce leaves.

Snacks

Apple Slices & Celery Sticks

Slice up to one whole apple and one celery stick and enjoy.

Avocado & Carrot Sticks

Mash up to ½ avocado and sprinkle with lemon juice, and seasoning.

Use as many carrot sticks as you like. Or you can use other optional vegetables.

Vegetable Sticks & Hummus

Use any vegetable sticks you like (like red peppers, carrots, cucumber etc) and use the hummus as a dairy free dip.

Walnuts & Apricots

Have 5 walnuts and 5 or so dried apricots as an easy snack to keep you going.

Banana & Mango Pieces

Combine sliced banana and frozen mango pieces in a bowl. Top with a small drizzle of coconut milk. The milk will freeze on the mango, giving you a nice creamy desert you can also use as a snack.