

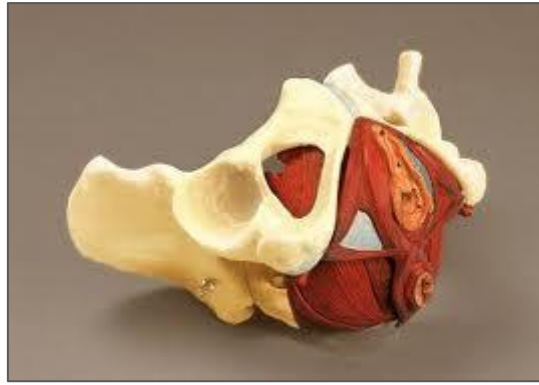


EDUCATION ▶ RECONNECTION ▶ MOVEMENT

# *The Simplest EVER Optimum Nutrition & Lifestyle Plan*

*Supporting Your Pelvic Health & Natural Fat Loss*





### *Guess what?*

*Your Pelvic Health and incontinence can also be a reflection of your nutritional status. The muscles and tissue within your pelvis along with the blood vessels and nerves that all serve form and function are all reliant on being 'fed' all the vitamins, minerals, fats and water that they require in order to be health and function optimally. So as well as lifestyle habits, nutrition is also another key factor in gaining and maintaining optimal Pelvic Health and function. Carrying extra weight also puts extra pressure on the Pelvic Floor so losing your excess may have an added bonus of improving your continence too.*

*So why not commit to completing your circle of self-care and improving your nutrition to truly heal and strengthen yourself inside-out! Here's a little help.*

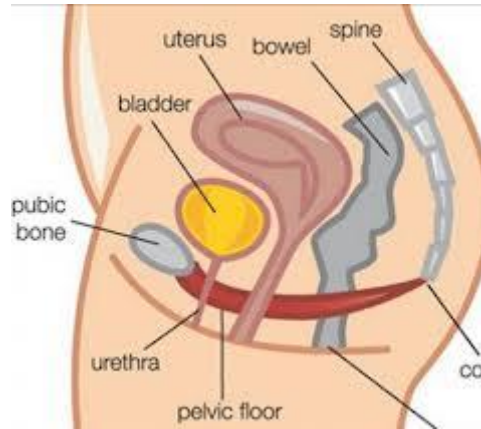


*Jenny Burrell, Creator of FooFooFunBox™ & FooFooFunClub™*

# 10 Simple Ways To Add 'Positive' Nutrition and Lifestyle Habits to Support Pelvic Health & Continence

1. *Drink enough water to be optimally hydrated but not too much that may aggravate your symptoms.*
2. *Add More Vegetables to EVERY MEAL and juice if you can too (fibre will keep your bowels clear and of course juicing will introduce vital vitamins and minerals to your system almost immediately!*
3. *Know Your Fats & Add More of the Good Fats – essential for EVERY FUNCTION in your body.*
4. *Add More Protein to EVERY MEAL – hugely improves your blood sugar and appetite control.*
5. *Add More Walking – it's the most natural, restorative movement & helps you make Vitamin D. Vital for Pelvic Health.*
6. *Add More Short & Sweaty Exercise Sessions For Optimum Fat Loss and to boost your Human Growth Hormone – it will keep you younger! (Remember that carrying excess weight can increase incontinence symptoms)*
7. *Add More Silence, Stillness, Sleep. Stopping & Relaxing – because being stress makes and keeps you fat, ages you and exhausts you!*
8. *Add More Compassion & Self-Care – because!*
9. **LOSE AS MUCH SUGAR IN ALL ITS FORMS FROM YOUR DIET AS POSSIBLE – It really is one of the major KEYS TO THE HEALTH KINGDOM. Also considerably reducing your alcohol intake is VITAL!**
10. *Know that it's a journey and every single step forward is PROGRESS!*

# *10 Potential Bladder Irritants That You Should Avoid if Experiencing Incontinence*



1. *Drinking too much water/fluids especially before bed.*
2. *Drinking alcohol.*
3. *Eating/drinking caffeine – excess coffee, tea, even chocolate – can all be an irritant to the bladder.*
4. *Fizzy drinks – both caffeine and the carbonation of these drinks are both potential irritants.*
5. *Spicy Foods.*
6. *Acidic fruits and juices.*
7. *Some types of medication both over-the counter and prescribed – please check with your HCP before ceasing any prescribed medication. But do check the side-effects if you think you can link your symptoms to starting to take this medication.*
8. *Smoking – reduces blood supply that brings vital nutrients.*

# 1. Stay Hydrated But Don't Over-Drink

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## Why?

*Your body is over 70% water. When you are dehydrated even the tiniest amount, every reaction within every cell in your body including utilizing fat is impaired. Without doubt, dehydration will scupper your fat loss and wellbeing efforts. Great hydration will accelerate them.*

## Ideal Choices Throughout Your Day:

- *Filtered Water (a high quality jug that filters tap water is essential to decrease potential intake of false Oestrogens in tap water) – Aim for 2 litres a day. Get your own non BPA, glass or stainless steel bottle. (BPA is a chemical found in some plastics that acts as a false Oestrogen) and refill from your water jug at home. Add the juice of half a lemon to every bottle. This supports the Liver, your major detoxification organ.*
- *Green Tea – good for boosting metabolism – daytime only.*

- *Tulsi Tea – good to combat stress hormones*
- *Camomile Tea – good to relax you.*



## 2. Add More Vegetables & Juicing

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### Why?

Nature, especially vegetables and fruit has everything we need. 'Don't change the recipe' as they say. Juicing is the fastest way to get high levels of essential vitamins and minerals into your system, naturally and cheaply. You simply can't go wrong with juicing daily and the fat loss results and levels of satiation are awesome too. Take care not to make too many sweet juices, the fructose in the juice still counts as SUGAR.

1. **Juicing helps you easily absorb all the nutrients (vitamins & minerals) from the vegetables/fruit.** This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

2. *You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.*
  
3. *Ensure you enjoy your juicing, it's not purgatory. Experiment with finding great combinations of vegetables and fruit that will really make you look forward to your daily juices.*



### 3. Know Your Fats And Add More Of The 'GOOD ONES'

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Why?



*Fat was demonized for so many years when indeed, the right kind is ESSENTIAL for your health on a multitude of levels from boosting your brain function and mood to the normalization of your Hormonal System and helping you absorb vital vitamins and minerals (A ,D & E). Ironically, without the right kind of fat in your diet, you will never feel satisfied and consequently be able to lose fat! And guess what? It's so simple.*

***Towards Health - Good Stuff** – Olive Oil, Coconut Oil, Organic Butter, Nuts and Seeds and Avocados. Beautiful natural fats, unprocessed, unrefined, your body recognizes them and can use them.*

***Away From Health - Poor Choices** – Trans Fat/Processed Fats/Heated Fats/Saturated/Artificial Fats/Margarines/Low Fat Spreads – Found in chips, crisps, biscuits, cakes, butter substitutes and spreads. Your body doesn't even know what to do with this kind of fat. It's toxic. Avoid where possible.*

## 4. Add More Protein to EVERY MEAL

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### *Especially breakfast.....*

*It's OFFICIAL: Eat protein for breakfast to lose fat and keep it off!*

*Research shows that eating a high-protein breakfast can decreased feelings of hunger before lunch, increase satisfaction after eating, and curb your craving for sweet foods and drinks.*

*So think more omelette as opposed to cereal. There are some great filling and quick protein-rich breakfast ideas in this plan.*

*Unfortunately thanks to the big food companies, we've been sold a myth that a high carbohydrate breakfast to give us 'energy' for the morning is the best way to start our daily nutrition. They are 'quick' calories raising blood sugar quickly and setting us off on the road of carbohydrate craving for the rest of the day. Give it a try, eat a large bowl of cornflakes one morning and notice how you feel by lunchtime, then the next day try a spinach omelette. I'm pretty sure you'll notice the difference immediately. If you think that you don't have time to make an omelette in the morning, make it the night before and simply warm under the grill in the morning.*

*The key to satiation and consequently losing fat through not overeating is to eat a protein-rich breakfast and also eat protein at every meal. It's one of the smartest moves you will ever make.*

*There are some usual and more unusual protein rich breakfast in this booklet, give protein for breakfast a try and you'll never look back.*

## 5. Add More Walking

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Most of us don't move anything like the amount our body needs....aim to incorporate 30-60 mins of brisk walking into your day reap the rewards on many levels:

- It's the most natural, instinctive exercise to do – totally in harmony with the 'original-self'.
- You get to observe the seasons, be in the natural elements.
- You save money on transport.
- **You give your body an opportunity to manufacture Vitamin D – low levels have been implicated in Pelvic Floor Dysfunction.**
- Walking time, is often good thinking and connecting with your thoughts time.

WIN, WIN, WIN, WIN!

## 6. Add More Short Sweaty Exercise Sessions

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*Have you heard of Human Growth Hormone (hGH)? It's one of the major keys to halting the 'inevitable' middle aged spread...*

*hGH is produced by the Pituitary Gland in the brain. Production peaks during the teenage years and slowly declines with age. hGH has been shown to play a significant role in:*

- *Fat metabolism*
- *Growth of all tissues*
- *Energy level*
- *Tissue repair*
- *Whole body healing*
- *Cell replacement*
- *Bone strength*
- *Brain function*
- *Sexual function*
- *Organ health and integrity*
- *Enzyme production*
- *Integrity of hair, nails, skin and vital organs*

*hGH is responsible for growth during childhood -- and for the repair and regeneration of human tissue throughout our lives. By the time we reach the age of 30, our HGH levels are only about 20% of their peak levels during childhood, and after the age of 30, they continue to decline at about 12 to 15% per decade.*

*By the time most of us are 30 years old, our bodies no longer produce enough HGH to keep pace with the cellular damage that is occurring in our bodies.*

*As our hGH levels continue to decline, the damage that we collectively call 'ageing' accelerates.*

#### **Key Point – & The WONDERFUL News:**

*A 2003 study published in the British Journal Sports Medicine found that "exercise intensity above lactate threshold (when you 'feel the burn') and for a minimum of 10 minutes appears to elicit the greatest stimulus to the secretion of hGH."*

**So, overall your prescription is 10-20 minute periods of higher intensity exercise that make you sweaty and keep your muscle mass buzzing daily and your metabolism boosted.**

**Simple.**

**(Check out the FFFB Website and Facebook Page for examples of these types of workout!)**

## 7. Add More Silence, Sleep & Stillness to Reduce Stress & 'Get Connected'

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Vital information about *Cortisol* (the 'fat around your middle' hormone) whether you are recently Post Birth or just leading the life of the average modern woman!

During Pregnancy and the early Post Natal period, Cortisol is **NATURALLY ELEVATED!** In the Post Natal period the thought is that the elevated Cortisol and other stress hormones have the effect of keeping the mother alert and aware of any possible dangers to the infant and may have a role in the attachment process.

The physical stress of labour and birthing, alongside the stresses of adjusting to early motherhood and poor sleeping patterns/lack of sleep means that Cortisol levels may remain high well into the Post Natal period making it difficult for mothers to lose weight post birth.

*During pregnancy, the hormonal signals have been set to ensure fat is stored in preparation for feeding the baby.*

*Being an older mother is also a factor in holding fat as sadly, by the mid to late 30's the body is preparing for menopause. And the ultimate paradox.....as women head towards menopause the body will automatically be reluctant to let go of fat around the middle as this is where Oestrogen is mainly manufactured. This happens because the body knows that Oestrogen will help protect our bones from Osteoporosis so the body tries to hold onto the fat to hold onto the Oestrogen to prevent Osteoporosis which it obviously deems to be a greater threat than having a fat belly!*

*The ULTIMATE blow comes in the fact that.....abdominal fat cells have four times as many receptors for Cortisol than anywhere else in your body so if you're continually too stressed, your abdominal fat cells will be calling out for Cortisol and encouraging the body to store fat around the abdominals!*

*Adrenaline & Cortisol are the two main stress hormones produced by the Adrenal glands. Totally useful when we need to get out of danger, not so great when our modern life and stress levels keep us chronically in a state of over-production.*

*Both hormones circulating in the system increase appetite and then drive the stressed individual to consume – guess what? More carbohydrate and fat!*

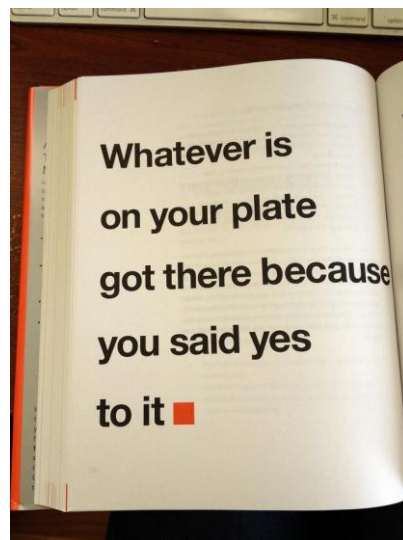
*Fat is stored around the middle simply because there, it's closer to the liver where it can be quickly accessed to be converted back into energy if needed.*

*Natural Cortisol levels that we need to wake us up and go about our business in the daytime can remain elevated by STRESS! They can also be elevated by a house too brightly lit in the evening time, and overstimulation via watching TV and working late.*



*Excessive production of Cortisol leads to adrenal fatigue which presents itself as chronic fatigue syndrome, infections, musculoskeletal aches and pains and headaches, the list goes on....*

*The antidote.....PRIORITIZE TIME FOR SLEEP, STILLNESS REST AND LOSE THE 'I'm soooo stressed routine'. Try deleting and off-loading some of those 'jobs' on your list. Are they really all necessary?*



*Obeying our natural rhythms of sleep and rest – our CIRCADIAN RHYTHM allows the adrenals to rest and Human Growth Hormone to be produced – vital for optimal fat metabolism.*

*Caffeine, sugar, tobacco and LOW BLOOD SUGAR create EMERGENCY situations within our systems and signal STRESS, they are ALL best avoided! Plus they are all potential bladder irritants so could cause an increase in your incontinence symptoms.*

## 8. Drink Less Booze (sorry!)

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### Why Drinking Alcohol Makes And Keeps You Fat

As mentioned before in this book, alcohol can sometime be an irritant to your bladder and increase your incontinence symptoms. It also has a two-fold negative effect on our ability to lose fat because:

1. Alcohol is **highly calorific** and easily over-consumed. Compare its calorific value with the other components of our diet: Alcohol is 7kcal/g, fat is 9 kcal/g, both protein and carbohydrate are roughly 4kcal/g).
2. The simple presence of alcohol in your system has a hugely negative impact on your ability to **metabolise fat**. Period!

This was illustrated by a study where 8 men were given two drinks of vodka and lemonade separated by 30 minutes. Each drink contained just under 90 calories. Fat metabolism was measured before and after consumption of the drink.

**FOR SEVERAL HOURS AFTER DRINKING THE VODKA, THE WHOLE BODY LIPID OXIDATION (A MEASURE OF HOW MUCH FAT YOUR BODY IS BURNING) DROPPED BY 73%!!!!**

The reason why alcohol has this dramatic effect on fat metabolism has to do with the way alcohol is handled in the body. Rather than getting stored as fat, the main fate of alcohol is conversion into acetate and the presence of acetate in the system puts the brakes on fat loss. The greater the quantity of

*alcohol, the greater the quantity of acetate created, the less likely fat is metabolised.*

*In other words, your body tends to use whatever you feed it, and after a time becomes adapted to the macro nutrient intake. Unfortunately when acetate levels rise, your body burns the acetate preferentially.*

*So the body simply burns the acetate first, this basically pushes fat oxidation out of the metabolic equation alcohol consumed especially close to bed time, ruins your sleep pattern!*

## 9. Add More Compassion and Self-Care

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*It's not a diet, it's just eating the way that supports our health & wellbeing, because without our health we have a very poor existence....right?*

*It's not exercising, it's just 'moving' because that's what we're meant to do!*

*And the stillness bit....we've been sold a myth that activity = productivity....it is possible to be a busy fool!*

*Aim for PROGRESS not PERFECTION! The road is long. Just keep going forward with your new wonderful habits.*

*Jenny X*

*Add Some Simple & Yummy  
Home Cooked Meals!  
Here are a Few Ideas*

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## **Protein-Rich Breakfast Ideas**



*A flattened teaspoon of coconut oil is used in all the heated cooking...yes, it is Saturated Fat but extremely good for you on so many levels and your best choice when heating fats. Check out these facts....*

# Why Coconut Oil Is Amazing!

*Oils and fats are composed of molecules known as fatty acids.*

*Coconut oil is predominantly medium-chain fatty acid (MCFA) and the effects of the MCFA in coconut oil are distinctly different from the LCFA found in other foods. In fact, the saturated and unsaturated fat in milk, eggs, meat and even in plants and most vegetable oils are made of LCFA. Why is this relevant?*

*It is important because our bodies respond and metabolize each fatty acid differently. It is the MCFA found in coconut oil that makes it special because these fatty acids do not have a negative effect on cholesterol. In fact, they are known to lower the risk of heart disease and atherosclerosis. There are only few dietary sources of MCFA, and one of the best sources by far is coconut oil.*

*The liver and gall bladder do not need to digest and emulsify MCFA, resulting in instant energy, increased metabolic rate and subsequently more heat production as well as increased circulation.*

*Coconut oil has many health benefits which are attributed to the presence of lauric acid. When it is present in the body, lauric acid is converted into monolaurin, a compound that is highly toxic to viruses, bacteria, fungi and other microorganisms because of its ability to disrupt their lipid membranes and virtually destroy them.*

*Breast milk is the only other source of lauric acid, which must explain the lesser incidents of infections with breast-fed infants. It has also been observed that regular consumption of coconut oil boosts immunity and reduces incidences of sickness.*

*Weight Loss - Medium-chain fatty acids found in coconut oil can speed up metabolism faster than long-chain fatty acids because they are easily digested and converted into energy. In fact, a study reported medium-chain fatty acids to be three times more effective in raising metabolism than long-chain fatty acids, leading researchers to conclude that effective weight loss can be achieved by replacing long-chain fatty acids with medium-chain fatty acids.*

### ***How much should you be consuming in a day?***

*According to researchers, an adult should consume around 3 1/2 tbsp. of coconut oil daily: an amount equal to the MCFA a nursing infant would receive in one day. The benefits of coconut oil are derived from the nutritional value of medium-chain fatty acids (MCFA's), and the best comparison in nature as to the percentage of MCFA consumed in a diet is in human breast milk. For those who are not used to having coconut oil in their diet, it is best to start out with a lesser amount and see how the body reacts before following the recommended amount.*

*Chilli Scrambled Eggs With Flat Mushrooms in  
Coconut Oil*





## Omelettes

*Fill them with pepper, onions, spinach, chopped kale, mushrooms, tomatoes, whatever vegetables you love to make it a real meal.*



## *Breakfast, Lunch, Supper – Anytime ‘Muffins’*



*Find a better use for those cake-muffin tins!*

*To make 12 of these little beauties, perfect for breakfast, lunch or evening meals, hot or cold, just simply beat 3 eggs in a bowl and then go wild adding lots of chopped veggies of your choice.*

*The ones above contain, chicken, peas, mushrooms, red onion, grated carrots and sweet potato (pre-cooked). Grease your tin with a little coconut oil and bake until they just turn golden.*

*Cavolo Nero (type of Kale), Sweet Potato and  
Chorizo Muffins*



*Smoked Salmon & Scrambled Eggs*



*Use a flattened teaspoon of coconut oil and a little milk of your  
choice to scramble the eggs.*

*2 Eggs (Boiled/Fried) With Wilted in Coconut Oil  
Spinach*



*Add sauted mushrooms and tomatoes to make into a really  
hearty start to your day.*

## *Baked Eggs & Cavolo Nero & Lardons*



*Saute the Cavolo Nero and Lardons in the natural oil of the Lardons and when they are both cooked, pop the eggs on top until they are cooked to your liking.*

## *Poached Eggs on a Bed of Spinach & Mushrooms*



*Poach or soft-boil 1-2 eggs, and pop on top wilted spinach and mushrooms cooked in a little coconut oil.*



## Protein Packed Porridge



*Simple one....to 'up' the protein content of your usual bowl of porridge, add a scoop of protein powder, much more inclined to go for non-animal protein that hasn't been tampered with or put through a huge manufacturing process. Add a banana and sprinkling of nuts/seed/flax for extra punch.*

## *Banana & Blueberry Omelette*



*For those of you who just need something sweet with your protein, this super-fast, super nutritious omelette should do the trick.*

*Melt a flattened teaspoon of coconut oil in your pan and whisk 2 eggs with a splash of almond milk, add to the pan and chop a ripe banana on top then add a large handful of blueberries.*

*Cook on slow heat til the underside is done and the top is nearly set then pop under the grill to cook the top until the blueberries just start to burst. Deeeelish!*



## *Chia Seed, Vanilla & Coconut Milk Bowls with Prunes*



*Shake the tin of coconut milk to mix well and then place half of the contents into a saucepan with some vanilla extract, and heat gently. Turn the heat down and start adding the Chia seeds, two tablespoons at a time until the mixture starts to thicken to a desired consistence. You'll see the Chia seeds expanding. When you've got the right consistency. I like mine to be nearly set. Take it off the heat and pop into your bowl, top with home-made stewed apples, pears or prunes and their juices.*

*Great for breakfast, or as a dessert.*

# Great Ways With Veggies

## *Sprouts and Lardons*



*Steam the sprouts until just tender while you fry off the lardons in their own fat in a separate pan. When both are ready combine. Simple but awesome!*

*Just add some extra protein, pile the plate up with these little balls of magic and you have a power-packing meal!*

## Broccoli & Quinoa Stir Fry



*Cook the Quinoa by adding 1 cup of Quinoa to 1 cup of water and some stock of your choice and cook in the same way as rice. Use a pan with a lid that's tight.*

*Meanwhile, stir-fry in a little coconut oil small spears of broccoli, red peppers, and mushrooms or whatever vegetables will all cook in a similar times and add to the cooked and fluffy Quinoa. I like to drizzle with a little toasted Sesame Oil for that extra special taste.*

*I love this with the Coconut Passata Chicken that comes later.*

## *Cauliflower, Sweet Potato and Chickpea Curry*



*Parboil 1 head of cauliflower, one medium sweet potato and set aside to drain. In a pan, fry the onion and garlic in coconut oil. Add ground coriander, cumin, chilli flakes and star anise and cook for 5 mins. Add a 400g tin of tomatoes and 400g of chickpeas, then add the cauliflower and add water to cover the mixture and simmer for a further 10mins. Add Garam Masala or a teaspoon of curry paste like Pataks and fresh coriander and serve.*

*A meal in itself!*

## *Cauliflower and Coconut Mash*

*Delicious alternative to mashed spuds, tasty and won't leave you with a carb-hangover!*



*Steam or boil 1-2 heads of cauliflower. When tender, I put in a big bowl and add 1/4 teacup of coconut milk, sea salt and freshly ground black pepper and apply masher until you get a consistency that looks like mashed potato. That's it!!! Then put in a Tupperware and keep in the fridge ready to replace the rice, potatoes, pasta that was previously on your plate.*

***Awesome when you're first getting used to the low-sugar/low-starchy carb lifestyle.***



## Quinoa 'Rice & Peas'

*Even though I am of West Indian Origin, I've had to ditch the traditional rice for protein-packed Quinoa – still delicious tho!*



*Cook the Quinoa as you would rice. 1 cup of water for 1 cup of Quinoa and add 1/3 tin of coconut milk for an authentic West Indian touch with 1 tin of cooked kidney beans. Add a little salt and pepper or stock and apply a tight lid to the pan until the Quinoa has fluffed up and looks like the contents of the bowl above.*

*Quinoa has a good amount of protein also, so great bang-for-buck! Try to 5 tablespoon rule.....add 5 tablespoons to your plate and try to fill up the rest of the plate with vegetables and protein.*

## *Anytime Ratatouille*

*Add these vegetables in a yummy tomato sauce to any type of protein for a complete meal*



*I love Ratatouille! Huge tasty veggie hit with a killer sauce that you can eat any time of the day and add to practically all savoury meals. I add to omelettes for breakfast, egg muffins for lunch and a nice piece of fish for an evening meal.*

*My standard ingredients are sweet peppers, aubergine, courgettes, onions and mushrooms. I place all of them in a pan with half a bottle of Passatta (tomato puree) and a tablespoon of pesto. Add only a little water as the vegetables will leech water and cook slowly until the vegetables are just done and the sauce is lovely and thick.*

*Great batch-cook standby for the freezer.*

## *Courgette Spaghetti*

*Great as a replacement for pasta, rice and potatoes – just add a lovely sauce & protein!*





## *Cavolo Nero, Extra Virgin Olive Oil & Lemon Juice*



*So simple, but so utterly delicious.....steam the Cavolo Nero or Kale and when tender, plate up and add a few tablespoons of extra virgin olive oil, the juice of half a lemon, sea salt and freshly cracked black pepper. Goes with EVERYTHING!*

## *Quinoa, Chicken & Kale Stir Fry*



*A great way to use up left-over Quinoa.*

*You'll Need:*

*½ a Bag of Kale*

*1 Chicken Breast sliced*

*1 Red onion*

*Mushrooms*

*Saute the sliced chicken breasts, chopped onion and mushrooms in a little coconut oil, when cooked, add the kale and stir until wilted, finally add the cooked Quinoa and season to taste.*

*A great one bowl meal and easily transportable for a lunch time meal too.*

## *Courgette Slice*



*For a pan this size you'll need:*

*12 Eggs*

*200g Pancetta (or finely chopped bacon)*

*3 Medium Courgettes*

*1.5 Onions*

*Pre-heat the oven to 180 and grease the dish. Coarsely grate the courgette and finely chop the onions. Beat the eggs and mix them all together with the Pancetta. Pour into the dish and bake for 30-40 mins until golden brown on the top.*

# Kale Chips



*You'll Need:*

*1 bag of Kale*

*1 tablespoon of olive oil*

*1 teaspoon of sea salt*

*Herbs/spices (try Paprika or Chilli Flakes)*

*Pre-heat the oven to 180C*

*Remove the very thickest of the big stalks from the leaves*

*Toss the leaves thoroughly in oil, salt and seasoning*

*Spread out over 2 baking trays*

*Put in the oven for 6 minutes, remove and stir leaves to ensure even cooking and return to oven for about another 6 minutes or until the leaves are crisp. Not quite*

*CRISPS, but much better for you and very moreish!*

# Hot Meals With Meat/Chicken/Fish or Vegetarian

*Thai Prawn, Broccoli Red Curry*



*Saute the broccoli in a little coconut oil with the Thai Red Curry Paste until the broccoli is just tender then add the prawns (if pink, just heat through – if grey, until they go pink), then add half a tin of coconut milk and a little water if necessary and mix thoroughly before serving.*

*The Quinoa or Coconut Mash would go well with this dish.*



## Poached Plaice In 'Italian' Sauce



*Make an Italian inspired sauce,*

*You'll Need To:*

*Start by simmering together half a bottle of passata, chopped olives, capers, onions and red peppers, coconut oil, salt and pepper. Simmer until the sauce thickens. Then simply place the Plaice or any white fish into the sauce to cook for about 10 mins, times will vary according to the thickness of the fish fillet.*

*I love this with oven-baked sweet potato chips, for a new take on Friday Night Fish and Chips!*

## *Passatta & Coconut Chicken*



*A ridiculously simple recipe for this super-quick and tasty chicken dish.*

*You'll Need To:*

*Chop chicken breasts and place in a sauté pan, add half a bottle of passatta (long tomato puree) and half a tin of coconut milk and salt and pepper. Add the tight lid and leave to simmer until the chicken is cooked. Delicious!*

*Just add a hearty portion of veggies – I love the Cavolo Nero with this, and away you go!*

## *Baked Salmon With Asparagus, Tomatoes, Lemon & Herbs*



*Place the salmon stakes in the foil with herbs such as parsley and tarragon, cherry tomatoes and a two bunches of asparagus chopped, squeeze the juice of half a lemon over and add salt and pepper. Bake in the oven for 15-20 mins until the salmon is just done.*

*Try some Cauliflower Mash with this Salmon, it goes really well!*





*You need:*

*1 medium onion, chopped*

*Coarse sea salt*

*1 medium sweet potato, peeled and cut into 1 inch chunks*

*1 (1 inch) piece fresh ginger, peeled and chopped*

*1 large or 2 small garlic cloves, chopped - 1 tbsp curry powder*

*1 bay leaf - 1 1/2 cups red lentils*

*In a saucepan or kettle, bring 3 1/2 cups of water to a boil. In a large saucepan over high heat, warm the oil. Add the onion and a pinch of salt and sauté, stirring occasionally, until the onion softens, about 3 to 4 minutes.*

*Add the sweet potato, ginger, garlic, curry powder and bay leaf and sauté until fragrant, about 1 minute. Pour in the boiling water and stir in the lentils. Reduce the heat to medium-low, cover and simmer until the lentils break down and the sweet potatoes are tender, 18 to 20 minutes. Season with salt and serve with rice (brown) or salad.*



## *Bean Casserole with Sauted Cabbage & Mushrooms*

*Try to get out of the habit of immediately adding rice, pasta and potatoes to your meals. They will cause havoc to your blood sugar levels, ultimately causing you to store fat.*

*Why not try frying some mushrooms and cabbage in coconut oil and season with fresh black pepper and sea salt to accompany the casserole.....*

*For this bean casserole, you need to fry an onion and garlic, add celery and then add two tins of organic tomatoes and the beans (your choice and pre-cooked). To spice things up, add chilli flakes and paprika. Simmer until everything is cooked through and serve. Great for batch cooking to have throughout the week as part of any meal.*

## *Celeriac Soup with chives and Parma Ham*

*Saute onion and a couple of sticks of celery finely chopped in a little coconut oil for about 5 mins.*

*Add one celeriac (peeled and chopped into 2cm cubes. Add around 1.5 litres of stock and simmer until the celeriac is soft. Blend with a stick blender, garnish with chives and a piece of dry fried crispy parma ham.*



# *Roasted Red Pepper, Red Onion & Sweet Potato Soup*



*You'll Need:*

*1 Sweet potato*

*1 Red Onion*

*2-3 Good Sized Red Peppers*

*Cut all of the above into 2-3 inch pieces, add a few chips of coconut oil and roast on a tray for 30-40 mins in a medium heat oven, turning a few times to ensure even cooking. When cooked, remove from the baking tray, place in a saucepan and add ½ litre of stock (of your choice).*

*Blend until you have a desired consistency, add more stock if the soup is too thick.*

## *Chicken & Butter Bean Soup*



*One pot cooking at its best*

*You'll Need:*

- 1 Tin of Butter Beans*
- 1 Large carrot*
- 2 Sticks of celery*
- 1-2 Chopped chicken breasts*
- Stock*
- Salt & Pepper*

*Place all of the ingredients in a deep-ish saucepan, and add two cups of water to the stock. Bring to a boil and leave to simmer until the chicken is thoroughly cooked. You could also add a few handfuls of lentils to make it more hearty.*



# Superstar Salads

## Jenny's 'Super Salad' Recipe

*Combine any of the following: Spinach Leaves, watercress, swiss chard, rocket leaves, beetroot, grated carrots, fresh herbs, tomatoes, cucumber, sweetcorn, red pepper, spring onions, rocket, artichoke, avocado, olives, handful of mixed nuts or seeds, 2 tablespoons of flaxseed, sprouted seeds.*

**TO MAKE A MORE HEARTY 'MEAL' SIMPLY ADD A PORTION OF A LEAN PROTEIN CHOICE.**



## *Greek Meat & Feta Salad*



*Top as many salad items of your liking with strips of lamb steak sauted in a little coconut oil and seasoning and little crumbles of Feta cheese. Hearty and nutritious.*

## *Beetroot, walnut and cumin salad with a roast chicken breast*

### *For The Salad*

*Grate 4 raw beetroots, add the juice of 1 small orange, a dash of lemon juice, 50g of toasted walnuts, 1 tsp of toasted cumin seeds, 1 tblsp of olive oil, flat leaf parsley and black pepper.*

*Mix and serve.*

*Don't toast walnuts and cumin together as walnuts can be over-powered.*

*Serve with an oven-roasted chicken breast or some baked fish.*





# 5 Great Juices & Why?

*Nature's original fast food - packed with vitamins and mineral, cheap, easily absorbed for natural energy well-being and radiance. Eating well, doesn't get any easier than this! These juices are excellent for breakfast, especially with the addition of half a blended avocado!*



## *Carrott, Apple & Beetroot Juice*



*Apples – powerful antioxidants therefore anti-cancer. Apples contain Boron which is anti-Osteoporosis and bone-building.*

*Carrots – high in Carotenoids (anti-cancer), calcium, potassium and lots of Vitamin A and fibre.*

*Beetroot – Important source of betanine and folate which work synergistically to reduce HOMOCYSTEINE a naturally occurring amino acid that is harmful to blood vessels and is a contributing factor to development of heart disease, stroke, dementia and blood flow to the legs and feet. Full of potassium and high in magnesium.*

# *Carrott, Apple, Cabbage, Fennel, Cucumber & Ginger*



*Fennel – anti-inflammatory, anti-cancer and great for gut health.*

*Ginger – anti-inflammatory, aids digestion, anti-oxidant (anti-cancer), lowers cholesterol and keeps blood vessels healthy. Boost the immune system and is antimicrobial and antiviral. Ginger is also great for improving circulation.*

*Cabbage – anti-cancer and anti-inflammatory. Has a positive effect on the metabolism of Oestrogen. Great for gut health too.*

*Apples – powerful antioxidants therefore anti-cancer. Apples contain Boron which is anti-Osteoporosis and bone-building.*

*Carrots – high in Carotenoids (anti-cancer), calcium, potassium and lots of Vitamin A and fibre. A great immune system stimulator. Carrots also contain Lutein – protective to the eyes.*

## *Apple, Beetroot, Cucumber, Ginger, Watercress, Carrot*



*Beetroot* – Important source of betaine and folate which work synergistically to reduce HOMOCYSTEINE a naturally occurring amino acid that is harmful to blood vessels and is a contributing factor to development of heart disease, stroke, dementia and blood flow to the legs and feet. Full of potassium and high in magnesium.

*Apples* – powerful antioxidants therefore anti-cancer. Apples contain Boron which is anti-Osteoporosis and bone-building.

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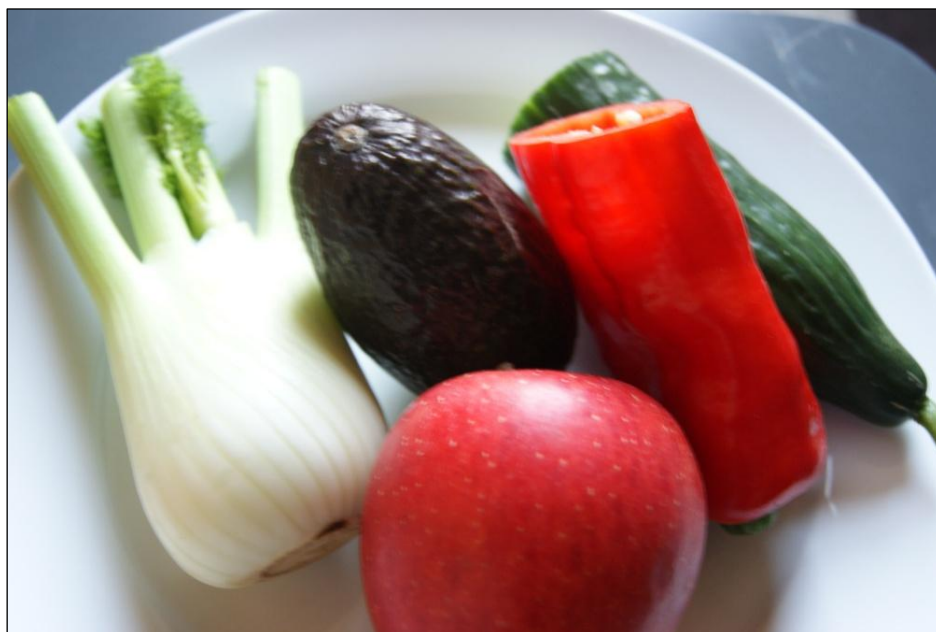
*Watercress* – four times the calcium and six times the magnesium of an equally calorific amount of cows milk! Pound-for-pound, watercress

contains as much vitamin c as oranges and more iron than spinach. Part of the brassica family of cruciferous vegetables full of anti-cancer compounds.

**Cucumber** – As well as being an anti-oxidant, cucumbers are also loaded with minerals. They contain vital minerals such as calcium, magnesium, iron, zinc, potassium, phosphorous, copper, manganese, fluoride, selenium and silica.

**Ginger** – anti-inflammatory, aids digestion, anti-oxidant (anti-cancer), lowers cholesterol and keeps blood vessels healthy. Boost the immune system and is antimicrobial and antiviral. Ginger is also great for improving circulation.

## *Avocado, cucumber, sweet pepper, apple & fennel*



*Apples – powerful antioxidants therefore anti-cancer. Apples contain Boron which is anti-Osteoporosis and bone-building.*

*Carrots – high in Carotenoids (anti-cancer), calcium, potassium and lots of Vitamin A and fibre. A great immune system stimulator. Carrots also contain Lutein – protective to the eyes.*

*Avocado – high in monounsaturated fat (Omega 9) which lowers ‘bad’ cholesterol and has a positive effect on cancer and diabetes. The monounsaturated fat in Avocado is protective to the prostate. Antioxidant and great for eye and skin health. Blend the avocado with a little water until it’s smooth before adding to the rest of the juice ingredients.*

*Fennel – anti-inflammatory, anti-cancer and great for gut health.*

*Sweet Red Pepper – excellent source of vitamins A, C & K and potassium and also contain the anti-cancer compound Lycopene. Great stimulator for the immune system.*



## *Celery, Ginger, Apple, Carrott, Beetroot & Fennel*



*Celery – aids digestion and gut health, great for combating high blood pressure and reducing stress hormones. Source of silicon, important for bone health.*

*Apples – powerful antioxidants therefore anti-cancer. Apples contain Boron which is anti-Osteoporosis and bone-building.*

*Carrots – high in Carotenoids (anti-cancer), calcium, potassium and lots of Vitamin A and fibre. A great immune system stimulator. Carrots also contain Lutein – protective to the eyes.*

*Fennel – anti-inflammatory, anti-cancer and great for gut health.*

*Ginger – anti-inflammatory, aids digestion, anti-oxidant (anti-cancer), lowers cholesterol and keeps blood vessels healthy. Boost the immune system and is antimicrobial and antiviral. Ginger is also great for improving circulation.*



Overall, Just Nourish Yourself With  
Wonderful Food & Drink!



And **LESS** of the stuff that drags you  
backwards....I think you know what they are 😊

**C . R . A . P**

*Carbohydrates in Excess (Starchy veg and plate fillers such as pasta, rice,  
potatoes)*

*Refined Anything especially Sugars!*

- Alcohol (liquid sugar!)
- Processed & Packaged Anything



*We have the Public Page and a Private Group Called:*

*TheFOOFOOFUNBOXCommunity...simply ask to join and get supported!*