



MODULE 3

LESSON 2

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MODULE 3

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MUMMA'S OWN

GREEN SMOOTHIE

INGREDIENTS

Serves 1

- ½ cup baby spinach
- ½ cup chopped kale
- ½ avocado
- ½ green apple
- ½ cup fresh pineapple
- 1 kiwi fruit
- 1 tablespoon parsley
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- ½ cup filtered spring water

Optional Extras:

- 1cm piece of fresh ginger
- 1 garlic clove
- 1 tablespoon coconut oil
- ¼ cup coconut yogurt
- 1 tablespoon coconut kefir

INSTRUCTIONS

Place all of the ingredients (including any of the optional extras) into your blender of choice and blitz them together until they form a smooth creamy texture.

Pour into your favourite glass or travel mug and off you go... it's that easy



SCRAMBLED EGGS w SMASHED AVOCADO

INGREDIENTS

Serves 1

- 2 Free Range or Organic Eggs
- 2 tablespoons cold pressed Olive Oil (plus extra for drizzling)
- 1 tablespoon chopped parsley
- ½ ripe avocado
- ¼ lemon (optional)
- Salt and pepper to taste

INSTRUCTIONS

Before you start cooking, peel half the avocado, chop it up and place it in a bowl. Using the back of the fork roughly mash it, drizzle with around 1 teaspoon of olive oil, squeeze with lemon and set aside.

Place the eggs into a jug and beat together

Pour the Olive Oil into a heated fry pan and spread around so the entire pan has been seasoned with it (ensure you don't heat the oil to smoking point)

Add the eggs to the hot pan and stir very slowly using either a spatula or wooden spoon (make sure you can get around to the edges of the pan)

Keep stirring very gently until the eggs are looking quite silky but are slightly runny and remove from the heat at this point (they will cook a little more in the hot pan by the time you serve them)

Place the eggs and avocado onto a plate, drizzle with some fresh cold pressed olive oil and sprinkle the chopped parsley over the top

Add salt and pepper at the end to taste and serve with some fermented vegetables or sauerkraut.

SPINACH & MUSHROOM OMELET

INGREDIENTS

Serves 1

- 2 large Organic or Free range Eggs
- 1 tablespoon Olive Oil
- 1 handful baby spinach
- 1 swiss brown mushroom
- Salt and pepper to taste

INSTRUCTIONS

Wash and spin dry the spinach if it isn't pre washed and slice the mushrooms

In a bowl crack the eggs, add in a pinch of salt and pepper (to taste) and gently whisk the eggs with a fork

Heat olive oil in a small frying then add in the mushrooms and gently pan fry so they start to brown

When they're almost cooked add in the baby spinach and also gently cook

Turn the heat down to medium and add in the eggs gently turning the pan so they spread.

When the omelet begins to cook and firm up but still has a little raw egg on top use a spatula to gently work around the edges lifting it on the pan and then folding it in half

Leave it to brown a little more underneath then remove from the pan by sliding onto the plate and enjoy

You can also serve this with some Sauerkraut or Fermented Vegetables on the side for probiotic goodness



EGGS HOW YOU LIKE w SMASHED AVOCADO

The thing I LOVE about eggs is how versatile they are so for a lazy Sunday morning make your eggs however you like them or you can remake the omelet or scrambled eggs you had earlier in the week.

INGREDIENTS

Serves 1

- 2-3 free range or organic eggs
- 2 tablespoons of your chosen fat
- 1 teaspoon Olive Oil
- 1 cup baby spinach
- ½ avocado
- Lemon
- Salt and Pepper to Taste

INSTRUCTIONS

Wash and spin dry the spinach if it isn't pre washed.

Before you start cooking, peel half the avocado, chop it up and place it in a bowl. Using the back of the fork roughly mash it, drizzle with around 1 teaspoon of olive oil, squeeze with lemon and set aside on a plate.

Place your chosen fat into the frypan and quickly pan fry the spinach and place on the same plate as the Avocado.

Add the rest of your chosen fat into the same frypan and cook your eggs however you like. Once cooked place them on the same plate with the Spinach and Avocado.

Drizzle your finished dish with cold pressed olive oil and season with ground salt and pepper to taste.

Sit and enjoy your relaxed Sunday breakfast with your favourite herbal tea.

CHICKEN & VEGETABLE SOUP

INGREDIENTS

Serves 4 (can be frozen into meals)

- 2 Spring Onions roughly chopped
- 1 medium leek roughly chopped
- 1 Clove Garlic grated
- 2 tablespoons chosen fat (Coconut Oil / Chicken Fat / Duck Fat / Olive Oil)
- 3 small Bok Choy roughly chopped
- 2 carrots diced
- 5 Brussel Sprouts, roughly chopped
- ½ cup peas
- Handful Bean Sprouts
- 2 litres chicken meat stock
- Meat from previously made chicken stock or add in 4 raw, chopped chicken thigh fillets
- 1 teaspoon Sea Salt / Himalayan Rock salt
- ¼ teaspoon black pepper
- Can add 1 red chilli, finely chopped with seeds removed if you like a bit of heat

INSTRUCTIONS

In a large saucepan add your chosen fat and gently heat. Add in the Leek, Chilli (if you're using), Carrots, Bok Choy, Brussel Sprouts and Garlic and sauté.

If you're using raw chicken thigh fillets add them here to slightly brown, then add the chicken stock and bring to the boil.

Reduce heat to simmer for 45 minutes, if you're using pre cooked chicken from the meat stock you've made then add that in now.

Once cooked and vegetables are nice and tender throw in the peas, bean sprouts, salt, pepper.

Stir and leave to simmer for 2-3 minutes then serve with some cracked black pepper and spring onions for garnish.



MINISTRONE SOUP

INGREDIENTS

Serves 2-3

- 1 Brown Onion finely diced
- 1 leek finely chopped
- 2 cloves garlic, crushed
- 3 tablespoons Olive Oil
- 2 carrots, diced
- 2 sticks of celery, diced
- 1 zucchini, diced
- 1 small bunch Kale roughly chopped with hard stalks removed
- 400 gram can Cannelini Beans (drained and rinsed)
- 1 litre meat stock (Chicken / Beef / Lamb)
- 400 gram tin chopped tomatoes
- ¼ cup chopped Parsley
- 2 bay leaves

INSTRUCTIONS

In a heavy based saucepan heat the olive oil over a medium heat and add in the onion, leek, garlic, carrot, celery, zucchini, bay leaves and sweat slowly and gently for 15 minutes stirring occasionally.

When the vegetables have softened add in the cannellini beans, chopped tomatoes, meat stock and stir together.

Cover with the lid, bring to the boil, then reduce heat and simmer for 30-40 minutes. Add in the greens and cook for a further 5 minutes, turn off the heat, stir through the parsley, season with salt and pepper to taste then serve immediately.

CHICKEN & AVOCADO SALAD

INGREDIENTS

Serves 1

- 100 grams mixed lettuce leaves
- 1/2 ripe avocado sliced
- 2 diced chicken thigh fillets
- 1 stick celery, finely sliced
- 1/2 cup cucumber sliced
- 6 cherry tomatoes sliced in half
- 3 tablespoons Olive Oil
- 1 tablespoon Apple Cider Vinegar
- 1 tablespoon chopped parsley and mint
- 1 tablespoon Pepitas
- 1/2 tablespoon Chia Seeds
- Salt and Pepper to taste

INSTRUCTIONS

TO MAKE THE CHICKEN

Put 2 tablespoons of Olive Oil into a frying pan and gently heat. Add in the diced chicken thigh fillets, tossing around until it's been cooked through (5-10 minutes).

Once done place chicken to the side.

TO MAKE THE SALAD

In a bowl add in the lettuce, celery, cucumber, tomatoes, pepitas and chia seeds and toss together.

TO MAKE THE DRESSING

In a jam jar place the olive oil, apple cider vinegar, parsley, mint, salt and pepper and shake together.

PUTTING IT ALL TOGETHER

Transfer the salad to either a plate or container (if taking it to work) and top with the chicken and sliced avocado. If taking it to work take the dressing with you and add it when you're ready to eat otherwise the lettuce will go soggy. If eating immediately pour on the dressing and enjoy.



OSSO BUCCO w MUSHROOMS

INGREDIENTS

Serves 4

- 4 pieces Osso Bucco
- 4 tablespoon chosen fat
- 2 leeks finely sliced
- 3 garlic cloves
- 1 red capsicum finely sliced
- 200 grams sliced Swiss brown mushrooms
- 200 grams Pumpkin, chopped into small pieces
- 200ml Red Wine
- 700ml Meat Stock of your choice
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 teaspoons Smoked Paprika
- 2 teaspoons Mild Paprika
- 2 teaspoons Turmeric
- Salt and pepper to taste

INSTRUCTIONS

Pre heat a large casserole pot with 2 tablespoons of your chosen fat, add the meat to brown then remove and put aside on a plate.

When browned add in another 2 tablespoons of chosen fat with the leek and garlic and sauté for 5 minutes or until tender.

Add in the mushrooms, capsicum and pumpkin and cook for 5 minutes, until they soften then add the smoked paprika, mild paprika, Turmeric and Bay leaves and cook for another 5 minutes to bring out the flavour and aroma of the spices.

Place meat back in to the pot with the wine, tomato paste and meat stock, bring to the boil and then reduce to a simmer for 3 hours on low, checking every 30-60 minutes and stirring to make sure it's not sticking at the bottom.

For the last 30-45 minutes simmer with the lid off to allow the sauce to thicken, add salt and pepper to taste.

Serve with cauliflower mash and mixed greens with garlic.



MEDITERRANEAN SALAD w TUNA

INGREDIENTS

Serves 1

- 100 grams mixed salad greens including baby spinach, rocket and watercress
- 1 large ripe tomato, chopped
- 1/2 Lebanese Cucumber, sliced
- 4 Snow Peas, cut into thirds
- 1/2 Avocado, chopped
- 1/4 red onion, sliced
- 1 garlic clove, crushed
- 8 black olives
- 1 tablespoon Olive Oil
- 1 tablespoon Apple Cider Vinegar
- 1/2 teaspoon dried oregano
- 90 gram tin Tuna in Spring Water (drained)

INSTRUCTIONS

TO MAKE SALAD DRESSING

In a small jam jar mix the olive oil, apple cider vinegar, dried oregano, crushed garlic and shake to mix well together.

TO MAKE THE SALAD

In a bowl or container (if taking it to work) place the salad greens, tomato, cucumber, snow peas, avocado, red onion, black olives, tuna and mix together.

If your taking it to work for lunch then take the dressing with you and use it when you're ready to serve as the lettuce will go soggy. If having it immediately then pour over the dressing and serve.





HONEY SOY BEEF

INGREDIENTS

Serves 4

- 4 tablespoons duck fat
- 600 grams Beef (topside or round), sliced into strips
- 1 red onion, sliced
- 2 cloves garlic, crushed
- 1 red chilli, de seeded and sliced
- thumb sized piece of ginger, finely sliced or grated
- 2 teaspoons Turmeric
- 250 grams sliced mushrooms
- 2 tablespoons Teriyaki Coconut Aminos
- 1/2 cup Tamari Sauce (wheat free)
- 1/4 cup raw honey
- 700ml meat stock

INSTRUCTIONS

In a large casserole pot heat duck fat then add in onion and saute for 5 minutes until soft. Add in the turmeric, ginger, chilli, garlic and stir through for another 2-3 minutes to bring out the aroma of the spices then add in the beef strips to brown.

Add in the rest of the ingredients, stir and bring to the boil, then place the lid on and leave it to simmer on low for 45 minutes.

Remove the lid, stir through to make sure it's not sticking then leave to simmer with the lid off for another 15-20 minutes until the sauce has thickened and the meat is tender.

Serve on a bed of cauliflower and leek mash with mixed greens and garlic on the side.

SALMON PARCELS

INGREDIENTS

Serves 1

- 1 salmon fillet
- ½ lime
- Olive Oil
- Salt and pepper to taste

INSTRUCTIONS

Take a 1m long sheet of alfoil, fold in half and place the salmon fillet in the middle. Squeeze half a lime over the fish, drizzle a small amount of olive oil, add salt and cracked black pepper to taste.

Carefully bring up the foil and make into a dome, folding the edges at the top of the foil together leaving enough airspace to allow the fish to steam.

Place on an oven tray and put into a preheated oven (180°C) for 25 minutes. (If you like your salmon a little more raw in the centre you can cook for less time)

Serve with mixed greens with garlic



FISH CURRY

INGREDIENTS

Serves 2

- 2 tablespoons coconut oil
- 2 fillets white fish chopped into chunks
- 8 green prawns, peeled
- 1/4 cauliflower, chopped
- 1 brown onion, finely diced
- 2 garlic cloves, crushed
- 2 teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cardamom
- 1 red chilli, deseeded and sliced
- 1 thumb sized piece of ginger, grated
- 1 cinnamon stick
- 200ml coconut milk
- 200ml fish stock
- Salt and pepper to taste

INSTRUCTIONS

PREPARE THE CAULIFLOWER

Place the cauliflower into a food processor and pulse until it resembles grains of rice and put aside.

PREPARE SPICES

In a small bowl mix together the turmeric, cumin, cardamom, grated ginger and crushed garlic and place aside.

PREPARE THE CURRY

Heat a large frying pan or casserole pot and add in the coconut oil. Add in the onion and sauté for 5 minutes until soft then add in the spices, cinnamon stick and stir for 1 minute to bring out the aroma and flavour.

Pour in the coconut milk and fish stock and leave to simmer for 15 minutes to bring the flavours together. Add in the cauliflower rice, fish and prawns and continue to simmer for another 10 minutes until the seafood is cooked through.

Season with salt and pepper and dress with the chopped chilli to serve.

DECONSTRUCTED HAMBURGER

INGREDIENTS

Makes 4 Burger Patties

- 600 grams of preservative free mince (can use beef / lamb / chicken)
- 2 spring onions finely sliced
- 2 garlic cloves, crushed
- 1 tablespoon Dijon Mustard
- 2 teaspoons turmeric
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 medium carrot, grated
- 4 tablespoons olive oil

Ingredients per burger

- 1 teaspoon mayonnaise
- 1 slice tomato
- 1 slice cooked beetroot
- 1/2 avocado sliced
- 1 free range or organic egg
- 1/2 brown onion, sliced
- 1 handful of Rocket

INSTRUCTIONS

PREPARE THE BURGER PATTIES

In a bowl place the mince, spring onion, garlic, dijon mustard, turmeric, smoked paprika, grated carrot, salt, pepper and mix well together.

Divide the mix into 4 even portions, roll into balls, flatten into patties then put aside.

COOK THE BURGER PATTIES

In a frying pan heat 2 tablespoons of olive oil and place the patties in the pan. Cook for 4-5 minutes on either side or until browned, (you can cook for longer or less depending on how you like your burgers done), then remove from the pan, place on a plate lined with kitchen paper and cover with foil to keep warm.

COOK THE REST

In the same pan add another tablespoon of olive oil and cook the onion, gently stirring around for 5 minutes or until it has completely softened. Push the onion to the side, add in another tablespoon of olive oil and crack the egg in to fry (you can either cook it sunny side up with a soft yolk or flip for a firmer yolk).

PLATING UP

On a plate, in this order place the meat patty, cooked onion, egg, beetroot, tomato, avocado, mayonnaise, rocket and serve immediately.

Note

The rest of the patties can be frozen for use at a later date.



LEMON WATER

INGREDIENTS

Serves 1

- ¼ Lemon
- 250ml room temperature water
- ½ teaspoon Sauerkraut Juice

INSTRUCTIONS

Pour 250ml room temperature water into a glass (make sure the water is at blood temperature so it doesn't destroy the good bacteria in the Sauerkraut Juice).

Squeeze in ¼ lemon and add ½ teaspoon Sauerkraut Juice.

Drink this slowly first thing in the morning.

WHY DRINK IT

Lemons are packed with a number of health benefits including Limonene which is anti-carcinogenic and will reduce fat build up in the liver and stimulate it to flush out the toxins in your body.

Given lemon juice is also high in Vitamin C, Potassium, Magnesium and Copper it'll also boost your bodies detoxification processes and with Vitamin C being such a great anti-oxidant it'll help keep those colds and flus away.

Sauerkraut juice contains a number of beneficial bacteria which support gut healing and in turn will support the clearing of your eczema.



HEALTHY DETOX DRINK

INGREDIENTS

Serves 1

- 250ml Glass of Warm Water
- 2 teaspoons Apple Cider Vinegar
- ½ fresh lemon squeezed
- ¼ - ½ teaspoon ground ginger
- ¼ - ½ teaspoon turmeric
- ¼ teaspoon cinnamon
- 1 dash Cayenne Pepper
- 1 teaspoon raw honey (optional)

INSTRUCTIONS

Ensure water is warm then add all the ingredients together.

Mix together well and serve either warm or room temperature if preferred.

Take this on an empty stomach, preferably in the morning.



MEAT STOCK DRINK

INGREDIENTS

Serves 1

- 200ml mug meat stock of your choice
- ½ teaspoon freshly grated Turmeric or ¼ teaspoon powder
- ½ teaspoon freshly grated Ginger
- ½ teaspoon Smoked Paprika (optional)
- 1 grated garlic clove
- 1-2 teaspoons fresh Parsley (or other herb of choice)
- Salt and pepper to taste

INSTRUCTIONS

Take your favourite meat stock and heat 200ml on the stove.

Once heated add in Turmeric, Ginger, Smoked Paprika (if using), Garlic, Parsley (or chosen herb), Salt and Pepper

WHY DRINK IT

Meat stock is jam packed with vitamins, minerals and collagen as well as amino acids such as glutamine (gut healer), glycine and proline all of which are essential to our bodies day to day metabolic functions.

The collagen heals the gut and reduces intestinal inflammation.

CAULIFLOWER AND LEEK MASH

INGREDIENTS

Serves 4-6

- 800 grams Cauliflower
- 1 Leek roughly chopped
- 200 grams Meat Stock of your choice
- 2 tablespoons duck fat
- Salt and pepper to taste

INSTRUCTIONS

THERMOMIX METHOD

Place the cauliflower and leek into the Thermomix and roughly chop, 5 seconds / speed 3, scrape down the sides and repeat. (You may need to do in two batches to make sure it chops evenly)

Put all of the chopped cauliflower and leek into the Thermomix with the meat stock and chosen fat then cook for 20 minutes / Varoma / Speed 1.

Once done blitz together for 10 seconds / speed 8, then add salt and pepper to taste. Scrape down the sides and repeat until it's nice and creamy.

STOVETOP METHOD

Roughly chop the cauliflower and leek, place in a saucepan with the meat stock and animal fat, bring to the boil and simmer for 25 minutes or until cauliflower and leek are nice and soft.

Using either a blender / food processor / stick blender blitz together until nice and creamy.

Add in the salt and pepper to taste.





MIXED GREENS w GARLIC

INGREDIENTS

Serves 2-3

- 1 Leek, finely sliced
- 2 cloves Garlic, finely chopped
- 1 bunch Broccolini
- 1 handful Snow Peas
- 2 small Bok Choy, roughly chopped apart
- 10 Brussels Sprout, chopped into quarters
- 1 medium Zucchini, roughly chopped
- 2 tablespoons Olive Oil or Duck Fat
- 2 Spring Onions finely sliced
- Salt and pepper to taste

INSTRUCTIONS

Heat your chosen fat in either a wok or deep frypan, add in the leek and sauté for 1 minute.

Add in the Broccolini and Brussels Sprouts and stir fry for 2-3 minutes then add in the Snow Peas, Bok Choy, Zucchini and stir fry for an additional 2-3 minutes.

Throw in the Spring Onions, toss together, mix through the garlic and season with salt and pepper.

Makes a great side to most meals.



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