



MODULE 3

LESSON 3

By Sonia Tzerefos N.D



MODULE 3

WEEK 3 MENU PLAN

BREAKFAST

- 3 Berry Bliss Smoothie
- 4 Scrambled Eggs w Pan Fried Mushroom
- 5 Spinach & Mushroom Omelet
- 6 Spicy Mince w Fried egg

SOUPS

- 7 Cauliflower & Coconut Soup
- 8 Red Lentil & Pumpkin Soup

MAIN MEALS

- 9 Green Detox Salad w Tuna
- 10 Grilled Rump Steak
- 11 Tagine Teriyaki Chicken
- 12 Chicken in Red Wine
- 13 Salmon Parcels
- 14 Fish w Rosemary
- 15 Honey & Ginger Chicken

SALADS & VEGETABLES

- 16 Cauliflower & Leek Mash
- 17 Mixed Greens w Garlic
- 18 Cos Salad w Mustard Dressing
- 19 Green Beans w Tomato

EXTRAS

- 20 Lemon Water Drink
- 21 Healthy Detox Drink
- 22 Meat Stock Drink



MUMMA'S OWN

BERRY BLISS SMOOTHIE

INGREDIENTS

Serves 1

- 1 cups frozen mixed berries
- 1 cup baby spinach or Kale
- ½ avocado
- ½ cup fresh pineapple
- 1 tablespoon parsley
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- ½ cup filtered spring water

Optional Extras:

- 1cm piece of fresh ginger
- 1 tablespoon Coconut Oil
- 1/4 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 cup and off you go... it's that easy



SCRAMBLED EGGS w PAN FRIED MUSHROOM



INGREDIENTS

Serves 1

- 2 free range or organic eggs
- 2 tablespoons Olive Oil
- 1 large Swiss Brown Mushroom
- Pinch dried Greek Oregano
- Salt and Pepper to Taste

INSTRUCTIONS

In a large frying pan heat 1 tablespoon of olive oil, place the mushroom in the pan and season with salt, pepper and some dried oregano. Cook for 3 minutes then flip to the other side, season with salt, pepper and dried oregano and leave for another 3 minutes.

Remove from the pan, place on your plate and cover with foil to keep it warm then add another tablespoon of olive oil to the warm pan. Crack the eggs into a jug, beat together then pour into the frying 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 then place them on top of the mushroom, drizzle with a little extra olive oil and season with salt and pepper.

Serve immediately.

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



SPICY MINCE w FRIED EGG

INGREDIENTS

Serves 2

- 200 grams beef mince
- 2 tablespoons olive oil
- 100mls meat stock
- 1/2 brown onion, finely diced
- 1 garlic clove, crushed
- 1 tablespoon Tamari (wheat free) or Coconut Aminos
- 1/4 teaspoon smoked paprika (optional)
- 1 teaspoon turmeric
- 2 free range or organic eggs
- 1 tablespoon chopped parsley
- Salt and pepper to taste

INSTRUCTIONS

Heat a large frying pan or wok over a medium-high heat and add in 1 tablespoon of olive oil to gently heat.

Add in the onion and garlic, cooking for about 3-5 minutes until the onion is tender.

Add in the mince to brown then add in the meat stock to simmer for 3-5 minutes.

In with the mince, mix in the tamari or coconut aminos, paprika, turmeric and parsley, season with salt and pepper to taste and leave to gently simmer on a very low heat to boil down some of the liquid.

In a separate frying pan add another tablespoon of olive oil, crack in the eggs and fry them until the white is set and the yolk is to your liking.

Serve hot with the fried egg on top of the mince.

CAULIFLOWER & COCONUT SOUP

INGREDIENTS

Serves 4 (can be frozen into meals)

- 2 Leeks
- 4 cloves garlic
- 30 grams Olive Oil
- 800 grams Cauliflower
- 2 teaspoons Turmeric
- 400 gram tin Coconut Milk
- 1 handful toasted coconut flakes
- 800ml Meat Stock
- Salt and pepper to taste
- ¼ teaspoon chili flakes (optional)

INSTRUCTIONS

THERMOMIX

Preheat the oven to 180°C.

Chop the leeks into 2cm pieces, wash and place in a roasting tray. Chop the cauliflower into even sized pieces (include leaves if there are any) and add to the roasting tray with the peeled garlic.

Drizzle with Olive Oil, season with salt and pepper, toss around and place in the oven for 25 minutes or until cooked through and looking slightly charred.

Spread the coconut flakes on a tray, place in the oven and toast for 3 to 4 minutes.

Remove the vegetables and coconut flakes from the oven, place the coconut flakes aside and place the other ingredients into your Thermomix with the coconut milk, stock, Turmeric and Chili flakes (if using) cook for 10 minutes, Varoma temperature, speed 1.

When finished blend soup for 60 seconds starting at speed 5 and slowly increasing to speed 8.

If the soup is too thick add a little water to thin, taste, adjust seasoning if required and serve topped with the toasted coconut flakes and a drizzle of olive oil.

NON-THERMOMIX

Preheat the oven to 180°C.

Chop the leeks into 2cm pieces, wash and place in a roasting tray. Chop the cauliflower into even sized pieces (include leaves if there are any) and add to the roasting tray with the peeled garlic.

Drizzle with Olive Oil, season with salt and pepper, toss around and place in the oven for 25 minutes or until cooked through and looking slightly charred.

Spread the coconut flakes on a tray, place in the oven and toast for 3 to 4 minutes.

Remove the vegetables and coconut flakes from the oven, place the coconut flakes aside and place the other ingredients into a heavy based saucepan with the coconut milk, stock, Turmeric and Chili flakes (if using) and bring to the boil.

Reduce the heat and simmer for 15 minutes, remove from the heat and blitz using either a stick blender, food processor or other type of blender.

If the soup is too thick add a little water to thin, taste and adjust seasoning if required and serve topped with the toasted coconut flakes and a drizzle of olive oil.



RED LENTIL & PUMPKIN SOUP

INGREDIENTS

Serves 3-4

- 1 medium brown onion, finely chopped
- 1 leek, finely chopped
- 2 garlic cloves, crushed
- 1 thumb of ginger, peeled
- 2 tablespoons Olive Oil
- 2 teaspoons Turmeric
- ¼ teaspoon chilli flakes (optional)
- 100 grams mushrooms, roughly chopped
- 300 grams pumpkin, chopped into small pieces
- 150 grams red lentils, washed
- 1 tin chopped tomatoes
- 500ml meat stock
- Salt and pepper to taste

INSTRUCTIONS

THERMOMIX

Place onion, leek, garlic, ginger into Thermomix and blitz for 3 seconds at speed 5.

Scrape down side then add in oil and sauté for 3 minutes at 100°C on speed 1.

Scrape down sides again and add in Turmeric, chilli flakes (if using), mushrooms, pumpkin, lentils, chopped tomatoes and stock for 45 minutes, 100°C on speed 1.

To finish, puree soup for 30 seconds, starting at speed 5 and slowly increasing to speed 9.

Season with salt and pepper to taste then serve hot.

NON-THERMOMIX

Heat olive oil in a large saucepan, add the onions, leek and cook until soft.

Add ginger, garlic and chilli flakes and continue to cook for 2-3 minutes then add the turmeric, mushrooms, pumpkin, lentils, chopped tomatoes and stock.

Bring soup to the boil then reduce heat to simmer for 45 minutes (until lentils are tender), stirring occasionally.

When ready using either a blender or hand blender, puree the soup until nice and creamy.

Season with salt and pepper to taste then serve hot.

GREEN DETOX SALAD w TUNA

INGREDIENTS

Serves 2

- 2 handfuls baby spinach
- 2 handfuls rocket
- 4 sticks celery, finely sliced
- 2 Lebanese cucumbers, roughly chopped
- ½ medium beetroot grated
- 3 tablespoons Parsley
- 4 tablespoons raw Pepitas
- 1 tablespoon Chia Seeds
- 1 Avocado, roughly chopped
- 2-3 tablespoons Apple Cider Vinegar
- 2-3 tablespoons Cold Pressed Olive Oil
- 2 small tins Tuna done in Spring Water

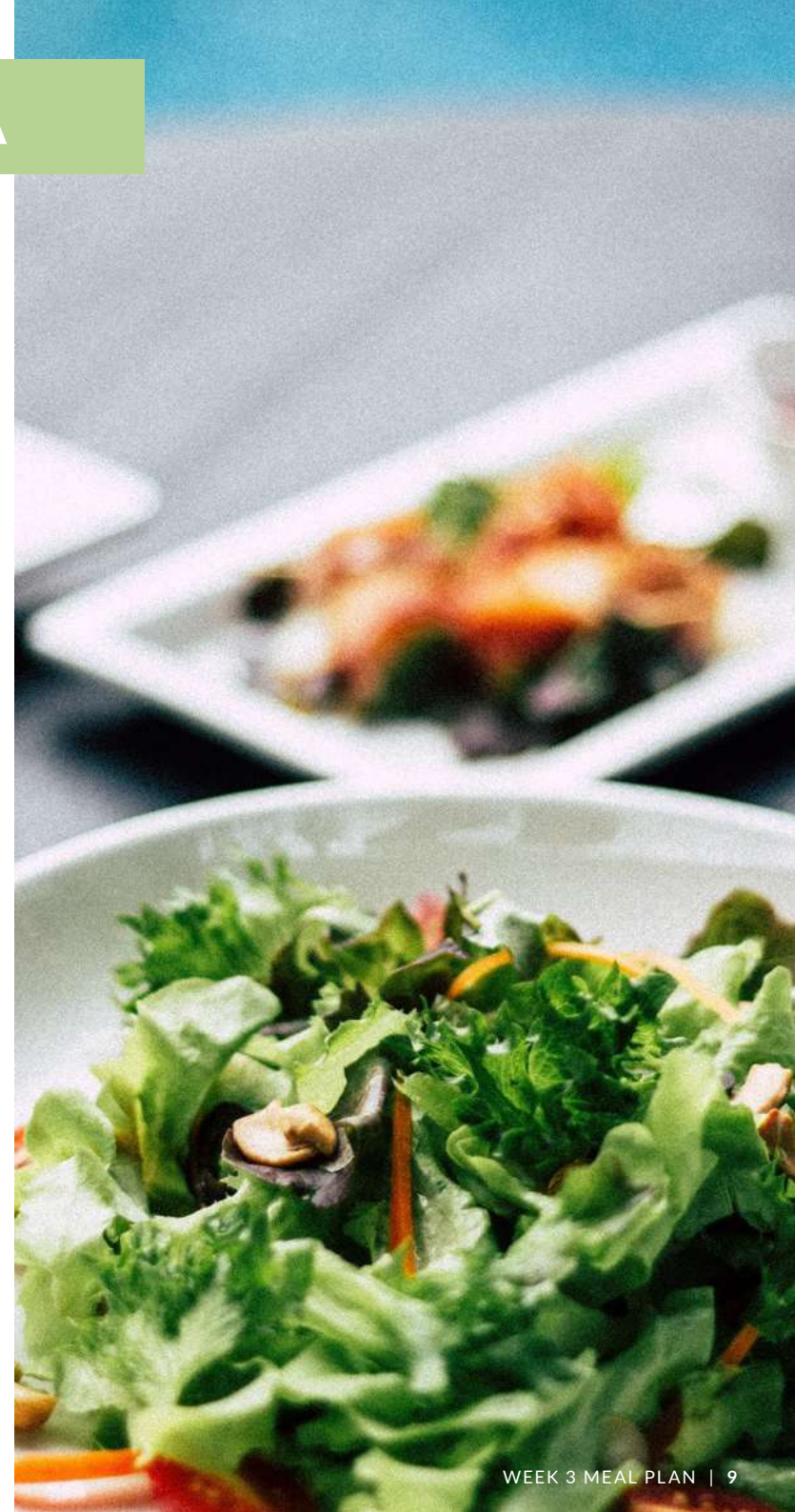
INSTRUCTIONS

Combine all of the ingredients into a large bowl, divide into two serves.

In a jar mix up the apple cider vinegar and olive oil and shake to mix up.

When ready to eat each salad then add a drained, 90 gram tin of tuna and the dressing and eat immediately.

The second salad can be put in a lunchbox and used at another time.



GRILLED RUMP STEAK

INGREDIENTS

Serves 1

- 200 gram piece of rump steak
- 2 tablespoons Olive Oil
- 1 teaspoon dried Oregano
- Duck Fat
- Salt and pepper to taste

*Cooking times
for 2cm thick rump*

Rare - 2 ½ minutes on each side

Medium Rare - 3-3 ½ minutes on each side

Medium - 4 minutes on each side

Well Done - 6 minutes on each side

INSTRUCTIONS

Take your steak out of the fridge for 30 minutes before cooking and season with salt, pepper, 1 tablespoon Olive Oil and dried oregano.

Heat a griddle pan and lightly coat with the rest of the Olive Oil.

When the griddle pan is hot place the steak in and cook for your desired time on each side, depending on how you like it.

Top with 1 teaspoon of duck fat, leave to rest for a couple of minutes and serve with your choice of sides from the salads and vegetables section of the book.

TAGINE TERIYAKI CHICKEN

INGREDIENTS

Serves 3

- 1 tablespoon Olive Oil
- ¼ cup Coconut Aminos
- 2 tablespoons Teriyaki Coconut Amino Sauce
- 2 tablespoons Raw Honey
- 1 cup Meat Stock
(Chicken or Beef)
- 2 Brown Onions (finely diced or sliced, depends how you like them)
- 2 Cloves Garlic (crushed)
- 1 Thumb Fresh Ginger (grated)
- 6 Chicken Drumsticks (or could use Marylands / Chicken Thigh Fillets / Chicken Breast)

INSTRUCTIONS

Place the olive oil, honey, Coconut Aminos, Teriyaki Coconut Amino Sauce into your Tagine (or chosen cooking pot) and allow to heat and mix together.

Add the onion, garlic and ginger, when soft and well cooked add in the chicken and brown.

Add in the meat stock, place the lid on and allow to simmer for 1 hour on low (or until chicken is falling off the bone).

Check at 30 minutes to ensure there's enough liquid and turn the chicken.

When done serve with Cos Salad.



CHICKEN IN RED WINE



INGREDIENTS

Serves 4

- 4 free range or organic Chicken Marylands
- 2 tablespoons Olive Oil
- 4 shallots roughly sliced
- 2 cloves garlic, crushed
- 250ml red wine
- 500ml meat stock
- 200 grams swiss brown mushrooms
- 4 sprigs Thyme
- 2 bay leaves
- Salt and pepper to taste

INSTRUCTIONS

Preheat the oven to 180°C.

In a casserole or baking dish add the olive oil to heat then place the chicken in to brown. Once browned remove from the pan and put aside.

If required add in some additional olive oil and then toss in the shallots to cook for 3 minutes then add in the mushrooms and cook for another 5 minutes.

Place the chicken back into the dish with the wine, stock, thyme, bay leaves, crushed garlic, cover with some foil and place in the oven for 25 minutes.

After 25 minutes, take out of the oven, turn the chicken, check it's not drying out too much then return to the oven for another 25 minutes.

Remove from the oven, with a spatula gently move the ingredients around the dish to ensure nothing is sticking, the chicken should be starting to look very tender and soft.

If required add a bit more liquid then put back in the oven uncovered for another 20 minutes.

Once done, remove the thyme and bay leaves, add salt and pepper to taste then serve on a bed of cauliflower and leek mash with some mixed greens and garlic.

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 edges of the fold and fold into a packet securely 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 w ROSEMARY



INGREDIENTS

Serves 1

- 1 piece of white, filleted fish eg:
Snapper / Orange Ruffly / Flathead
- Tapioca or Corn Flour, enough to just dust and coat the fish
- 2 Sprigs of fresh Rosemary
- ¼ cup Apple Cider Vinegar
- 2-3 tablespoons Olive Oil

INSTRUCTIONS

In a frypan that has a matching lid place the olive oil and fresh rosemary sprigs into the pan and gently heat on medium.

Coat the fish evenly on either side with either the tapioca or corn flour and place into the hot frypan and allow to gently cook on one side (this should take around 2-3 minutes).

With the vinegar ready, turn the fish, add in the vinegar and immediately place the lid on top so the fish can steam in the oil, rosemary and vinegar mix.

Leave to steam for another 3-4 minutes or until the fish is cooked through (this may vary depending on the type of fish being used and the thickness), you should be able to cut through the fish with a butter knife and the flesh should fall apart.

Remove the fish once cooked and plate up immediately with some Mixed Greens and Garlic on the side.

HONEY & GINGER CHICKEN

INGREDIENTS

Serves 4

- 8 Organic Chicken Thigh Fillets
- 4 tablespoons Olive Oil
- 2 tablespoons Raw Honey
- 2 Garlic Cloves , crushed
- 1 thumb sized piece of Ginger peeled and crushed

INSTRUCTIONS

Heat your oven to 180°C to prepare it for baking the chicken.

Put the Olive Oil and honey into a frypan (that can go into the stove later) and heat until it starts to froth.

Crush in the garlic cloves and ginger, turn down the heat slightly and stir around

Put the chicken in to brown and caramelise, cooking for 2-3 minutes on either side.

Place the frypan uncovered into the oven and bake for 15- 20 minutes, turn and cook for an additional 15-20 minutes.

Serve with detox salad

Note:

The beauty of this recipe is you can cook it in bulk and freeze the left over chicken to throw into salads or take to work as an easy snack.



CAULIFLOWER & 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.



COS SALAD w MUSTARD DRESSING

INGREDIENTS

Serves 2

- 2 baby cos lettuces
- 1 bunch chopped parsley
- 2 tablespoons Pepitas

Mustard Dressing

- 1/2 ripe avocado mashed
- 1/4 cup Apple Cider Vinegar
- 2 teaspoons wholegrain or dijon mustard
- 1/4 teaspoon Rock Salt
- 1 clove of garlic, crushed
- 1/3 cup Olive Oil

INSTRUCTIONS

Roughly chop up the cos lettuces and herbs and place in a bowl with the pepitas and toss around.

TO MAKE THE DRESSING:

Mash the avocado in a bowl then add in the rest of the ingredients and mix around until it is creamy and well combined.

Pour over the salad and thoroughly mix around so it's all coated with the dressing and serve immediately.

Note:

Don't dress the salad until you're about to use it.

GREEN BEANS w TOMATO

INGREDIENTS

Serves 2-3

- 300gm fresh green beans
- 3 tablespoons olive oil
- ½ medium red onion, finely sliced
- 2 cloves garlic, crushed
- 400gm chopped tomatoes (fresh or canned)
- ½ cup meat stock
- Salt and pepper to taste
- 5-6 leaves fresh basil, torn into pieces (use oregano if don't have any basil)

INSTRUCTIONS

Cut the ends off the beans and wash well in plenty of cold water, then drain.

Heat the oil in a large frying pan with a cover. Add the onion slices and cook until just soft, 5-6 minutes.

Add the tomatoes and cook over moderate heat until they soften and reduce slightly, about 8-10 minutes.

Stir in stock, season with salt and pepper to taste.

Add the beans and garlic, turning it all over in the pan to coat with the sauce. Cover the pan and cook over a moderate heat until tender, about 10-15 minutes depending on how well done you like your beans.

Stir occasionally and add a little more water or stock if the sauce dries out too much.

Before serving, stir through the basil or oregano and then serve.



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.



www.mummasown.com