



MODULE 3

LESSON 4

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MODULE 3

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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



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.



CHICKEN & VEGGIE MUFFINS



INGREDIENTS

Makes 12 muffins

- 600 grams chicken mince
- 1 ½ tablespoons Olive Oil
- ½ zucchini grated and squeezed
- 1 medium carrot grated
- 1 cup chopped Spinach
- 1 brown onion, finely diced
- 1-2 cloves garlic, crushed
- 6 eggs
- ½ teaspoon BiCarb Soda
- 2 sprigs fresh parsley, finely chopped
- 2 teaspoons Turmeric
- 1 teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

Preheat oven to 180°C.

In a frypan add olive oil and cook the onion, tossing around until they have softened. Add in the grated zucchini, carrot and spinach and quickly toss around until they have wilted then remove from the heat and place in a bowl to cool.

In another bowl whisk the eggs, bicarb, crushed garlic, parsley, turmeric, salt and pepper together then add in the chicken mince and blend well.

Once the onion and vegetable mix has cooled add to the mince mixture and blend together well with either your hands or a wooden spoon.

Spoon the mixture evenly into muffin pans and bake for 25 minutes or until the muffins are golden brown and cooked through.

TURKEY AND TURMERIC SOUP

INGREDIENTS

Serves 3-4

- 1 Brown Onion, finely chopped
- 1-2 Cloves of garlic, grated
- 2-3 Spring Onions roughly chopped
- 2 tablespoons of Duck Fat
- 2 medium Carrots, chopped into small pieces
- ¼ head broccoli, roughly chopped
- 20 green beans, roughly chopped
- 1 Zucchini, roughly chopped
- 1.5 litres home made Turkey Stock
- 1 Turkey Drumstick meat (use meat from Turkey Meat Stock you've previously made)
- 1 tablespoon Turmeric
- 4 sprigs of Thyme
- 1 teaspoon rock salt
- ½ teaspoon black pepper

INSTRUCTIONS

In a large saucepan add your fat and gently heat.

Add in the brown onion and gently cook until translucent, then add in the garlic, carrots, Broccoli, Green Beans, Zucchini, Thyme, Turmeric, toss around and sweat for 5 minutes until tender.

Add in the turkey stock and turkey meat, bring to the boil then add in the salt and pepper and leave to simmer for 40 minutes.

When finished, throw in the chopped spring onions and serve immediately.



MINESTRONE 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.

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.



SHEPHERDS PIE

There are three steps to this, first you need to make the meat filling, then make the cauliflower and leek mash you've been using throughout the program, then put it together.

INGREDIENTS

Serves 6

Bolognese Sauce Ingredients:

- 1 kg mince meat
- 2 tablespoons Olive Oil
- 1 large brown onion, finely diced
- 2 cloves garlic, crushed
- 2 tablespoons tomato paste
- 700ml tomato puree
- 2 cups meat stock
- 1 cup frozen peas
- 1 Cinnamon Stick
- 2 Bay Leaves

Note

Prepare the cauliflower and leek mash as per the recipe on page 16 as this is the top for your Shepherds Pie
Under Instructions put Bolognese sauce

INSTRUCTIONS

Place your chosen fat into a large saucepan and heat, quickly place the onion in there to gently cook.

When it's softened add in the mince meat and lightly brown then add in the rest of the ingredients.

Cook for 1 hour on low, allowing it to simmer and thicken.

When finished remove the bay leaf and cinnamon stick, add in the peas and stir through.

Assembly:

Take a deep dish and half fill it with the Bolognese sauce then put the cauliflower and leek mash.

Bake in a 180°C Oven for 30-40 minutes or until golden brown on top.

Serve immediately and freeze the leftovers in meal portions to be used at another time.

Freezes for up to 3 months.



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 side of your choice from salads and vegetables.



LAMB TAGINE

INGREDIENTS

Serves 4

- 8 small to medium Shallots roughly sliced
- 3 Garlic Cloves, finely minced
- 2-3 tablespoons Olive Oil
- 1kg Lamb neck, cut into pieces
- 900ml Meat Stock
- 1 tin chopped tomatoes
- 1 cup fresh green beans chopped
- 2 medium carrots roughly chopped
- 1 teaspoon ground Cumin
- 4 sprigs fresh Thyme
- 2 bay leaves
- Salt and pepper to taste

INSTRUCTIONS

Preheat a casserole pot on the stove with the olive oil, add in the shallots and pan fry until tender and slightly translucent, then throw in the cumin, bay leaves and thyme to bring out their flavour and aroma.

Place the lamb in the pot to brown, once done add in the garlic, chopped tomatoes, meat stock and carrots, stir well, bring to the boil then leave to simmer low with the lid on for 60 minutes.

Remove the lid, add in the green beans and leave to simmer for an additional 30-45 minutes until the meat is falling apart.

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

Leftovers can be frozen for up to 3 months.

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 fish once cooked, plate up immediately and serve with side of your choice from salads and vegetables.



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.

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.



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.

COS SALAD

INGREDIENTS

Serves 2

- 2 baby cos lettuces
- 1 Raddichio lettuce
- 2 spring onions finely sliced

Dressing

- 1 tablespoons Apple Cider Vinegar
- ¼ cup mixed herbs finely chopped (fresh Parsley / fresh Greek Oregano)
- ¼ teaspoon Rock Salt
- pinch black pepper
- 1 garlic clove crushed
- 50mls olive oil

INSTRUCTIONS

Roughly chop up the cos lettuce and place in a salad bowl with the finely sliced spring onions.

To make dressing:

In a small glass jar place all of the ingredients and put the lid on tightly. Shake well until all the ingredients are well combined.

Dress the salad, toss it around and serve.



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.





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