



MODULE 3

LESSON 5

By Sonia Tzerefos N.D

MUMMA'S OWN

MODULE 3

WEEK 5 MENU PLAN

BREAKFAST

- 3 Berry Bliss Smoothie
- 4 Green Smoothie
- 5 Raspberry Chia Pot
- 6 Frittata
- 7 Eggs however you like

SOUPS

- 8 Chicken Soup

MAIN MEALS

- 9 Green Detox Salad w Tuna
- 10 Chicken Cacciatore
- 11 Grilled Rump Steak
- 12 Lamb Chops
- 13 Chicken Meatballs
- 14 Pan Fried Snapper
- 15 Deconstructed Hamburger
- 16 Mediterranean Salad w Beef Strips

SALADS & VEGETABLES

- 17 Cauliflower & Leek Mash
- 18 Mixed Greens w Garlic
- 19 Cos Salad w Mustard Dressing
- 20 Cos Salad
- 21 Raw Beetroot & Cabbage Salad
- 22 Guacamole
- 23 Veggie Sticks

EXTRAS

- 24 Lemon Water Drink
- 25 Healthy Detox Drink
- 26 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



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

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

RASPBERRY CHIA POTS

INGREDIENTS

Serves 2

- 1 cup fresh or frozen raspberries (or berries of choice)
- 250ml Almond / Coconut Milk
- 1/4 cup Chia Seeds
- 1 teaspoon Vanilla Extract
- 2 teaspoons Honey or Maple Syrup
- 1 Kiwi Fruit
- Fresh Mint

INSTRUCTIONS

In a food processor, place the raspberries and ½ the Almond / Coconut Milk and blend until smooth.

Add the rest of the Almond / Coconut milk, chia seeds and vanilla essence and pulse until well blended.

Divide the mixture into two serving jars or glasses, cover and put in the fridge for 1 hour.

Serve topped with some additional raspberries and chopped kiwi fruit.





FRITTATA

INGREDIENTS

Serves 4-6

- 1 brown onion roughly chopped
- 4 garlic cloves
- 1 dozen eggs
- 200 grams roughly chopped mushrooms
- 2 handfuls baby spinach
- 1 teaspoon Himalayan Rock Salt
- ¼ teaspoon Black Pepper
- 3 tablespoons olive oil
- 4 tablespoons chopped, mixed herbs of your choice (I like parsley, mint, oregano, dill but you can choose whatever you like).

INSTRUCTIONS

Preheat the oven to 180°C, line a deep baking dish with some baking paper, leaving the paper to hang over the sides to easily get the frittata out later.

Crack the eggs into a bowl, whisk together and put to the side.

Heat olive oil in a large frypan over a medium heat and add in the onion and garlic, gently cooking for 3-5 minutes then add in the mushrooms and continue cooking for another 3-5 minutes until every thing is heated through.

Pour the vegetables into the egg mixture, add in the baby spinach, salt, pepper, mixed herbs, mix together and pour into the baking dish.

Bake in the oven for 30-40 minutes, or until the egg is cooked through, and it's a lovely golden brown on top.

Leave it to sit for 10 minutes then remove from the tray and cut into pieces to serve.

Leftovers can be used over the next few days for quick easy breakfasts or lunches.

Note:

The great thing here is you can actually put in whatever you like, leftover roast meat and vegetables actually make a great frittata.

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 SOUP

INGREDIENTS

Serves 3-4

- 1 medium leek roughly chopped
- 1 Clove Garlic grated
- 2 tablespoons Olive Oil
- 3 small Bok Choy roughly chopped
- 2 carrots diced
- 5 Brussel Sprouts, finely sliced
- ½ cup peas
- 1 litre chicken stock
- 4 chicken thigh fillets, diced
- 1 teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS

In a large saucepan add olive oil and gently heat. Add in the Leek, Carrots, Bok Choy, Brussel Sprouts and Garlic and sauté.

If you're using chicken thigh fillets add them here to slightly brown, then add the chicken stock and bring to the boil, reduce heat and simmer for 45 minutes.

Once cooked and vegetables are nice and tender throw in the peas, salt, pepper and leave to simmer for 2-3 minutes before serving.



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 CACCIATORE

INGREDIENTS

Serves 4

- 4 Chicken Marylands
- 2 tablespoons Olive Oil
- 1 Leek, roughly chopped
- 1 brown onion, roughly sliced
- 2 cloves garlic, finely chopped
- 2 carrots, finely diced
- 200 grams mushrooms finely sliced
- 20 chopped green beans
- 1 tin chopped tomatoes
- 700ml Chicken Meat Stock
- 1 tablespoon tomato paste
- 4 sprigs Rosemary
- 4 sprigs Thyme
- ½ cup pitted black olives
- Salt and pepper to taste

INSTRUCTIONS

In a large casserole pot heat half of the fat of your choice and place the chicken in to brown for 2-3 minutes on either side. When browned and sealed remove from the pan and place on a dish to the side.

Add in the other half of the fat, leave it to heat then throw in the leek and onion and gently fry for 3 minutes until tender.

Add in the garlic, green beans, carrots, mushrooms, tomatoes, tomato paste, rosemary and thyme.

Bring to the boil and leave to simmer for 5 minutes then return the chicken to the pot, place the lid on top and cook on low for 45 minutes or until the chicken is semi tender.

Throw the olives on top with the garlic, cover again and cook for a further 15-20 minutes or until the meat is starting to fall off the bone.

Add salt and pepper to taste then serve on a bed of cauliflower mash and mixed greens with garlic.

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

Note:

If you're planning on using rump steak as strips for the Mediterranean Salad planned for Thursday of this week then cook 2 steaks and double everything else.

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 duck fat, leave to rest for a couple of minutes then serve with side of your choice from salads and vegetables.



LAMB CHOPS

INGREDIENTS

Serves 1

- 2 lamb chops
- 2 tablespoons Olive Oil
- 1 teaspoon dried Oregano
- Duck Fat
- Salt and pepper to taste

INSTRUCTIONS

Take your chops 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 chops in and cook for your desired time on each side (3 minutes on either side for medium rare).

Top with 1 teaspoon duck fat, leave to rest for a couple of minutes then serve with side of your choice from salads and vegetables.



CHICKEN MEATBALLS

INGREDIENTS

- 1kg Chicken Mince
- ¼ zucchini grated and squeezed
- ½ medium carrot grated
- 1 brown onion, finely diced
- 1-2 cloves garlic, crushed
- 1 egg
- 1-2 sprigs fresh mint, finely chopped
- 2 sprigs fresh parsley, finely chopped
- 1 teaspoon sweet paprika
- 1 teaspoon smoked paprika
- 2 teaspoons Turmeric
- 1 teaspoon salt
- ¼ teaspoon pepper

*Makes a large batch suitable for freezing for up to 6 months
A serve is usually 3-4 meatballs.*

INSTRUCTIONS

METHOD

Crack the egg into a bowl and beat then add in zucchini, carrot, onion and garlic and mix well together.

Add in the mint, parsley, sweet paprika, smoked paprika, turmeric, salt and pepper and mix thoroughly again.

Add in the chicken mince and using your hands (I usually put on disposable gloves at this stage so it doesn't stick all over my hands but that's up to you) and mix everything together really well.

TO COOK

You can do them under the griller, shallow fry them or deep fry them, it's up to you.

If doing under the griller, roll the mixture into small balls and put on the griller tray which you have pre lined with foil to avoid a big mess afterwards.

Paint each ball with some olive oil and cook for 8-10 minutes before turning over, painting with oil again and cooking for a further 8-10 minutes.

If deep frying, fill your fryer with oil and cook as per their instructions.

If shallow frying place the equivalent of around ½ - 1 cup of oil in the frypan and cook for 15-20 minutes, turning gently until golden brown.

Serve with side of your choice from salads and vegetables or use as a quick snack.



PAN FRIED SNAPPER

INGREDIENTS

Serves 1

- 1 Snapper Fillet with skin on or off
- 2 tablespoons Olive Oil
- ½ lemon
- Salt and pepper

INSTRUCTIONS

Season the snapper with the salt and pepper.

In a frying pan heat the olive oil then add in the snapper fillet with the skin side down (if it has skin on it).

Cook for 3-4 minutes (depending on thickness), then flip and cook on the other side for another 3-4 minutes or until cooked through.

Serve immediately with lemon squeezed on top and your choice of side from salads and vegetables.





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
- ½ avocado sliced
- 1 free range or organic egg
- ½ 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.

MEDITERRANEAN SALAD w BEEF STRIPS

INGREDIENTS

Serves 2

- 1 generous handful salad greens including baby spinach, and bitter greens such as watercress and rocket, washed
- 1 large ripe tomato, chopped
- ½ Lebanese cucumber, sliced
- 4-6 snow peas, cut into thirds
- ½ Avocado, chopped
- 1 tablespoon chia seeds
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 teaspoon dried oregano
- 200 grams rump steak
- 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

COOKING STEAK

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.

Remove the steak from the pan and finely slice, then set aside).

MAKING THE DRESSING

In a small jam jar place the olive oil, apple cider vinegar, salt and paper to taste, dried oregano and shake well to combine.

ASSEMBLING THE SALAD

Place all the ingredients (apart from the dressing) in a large bowl with the sliced rump and mix well together, when ready to serve pour over the dressing, toss together and serve immediately.



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.



RAW BEETROOT & CABBAGE SALAD

INGREDIENTS

Serves 2

- ¼ red cabbage
- 1 large raw beetroot well scrubbed and cleaned
- 2 celery sticks finely sliced
- 2 teaspoons sesame seeds

Dressing

- ¼ cup Apple Cider Vinegar
- ¼ cup Olive Oil
- 2 teaspoons dried oregano
- Salt and Pepper to taste

INSTRUCTIONS

MAKE THE SALAD

Finely slice the cabbage and place in a bowl. Grate the beetroot and add to the bowl with the finely sliced celery, then mix well together.

MAKE THE DRESSING

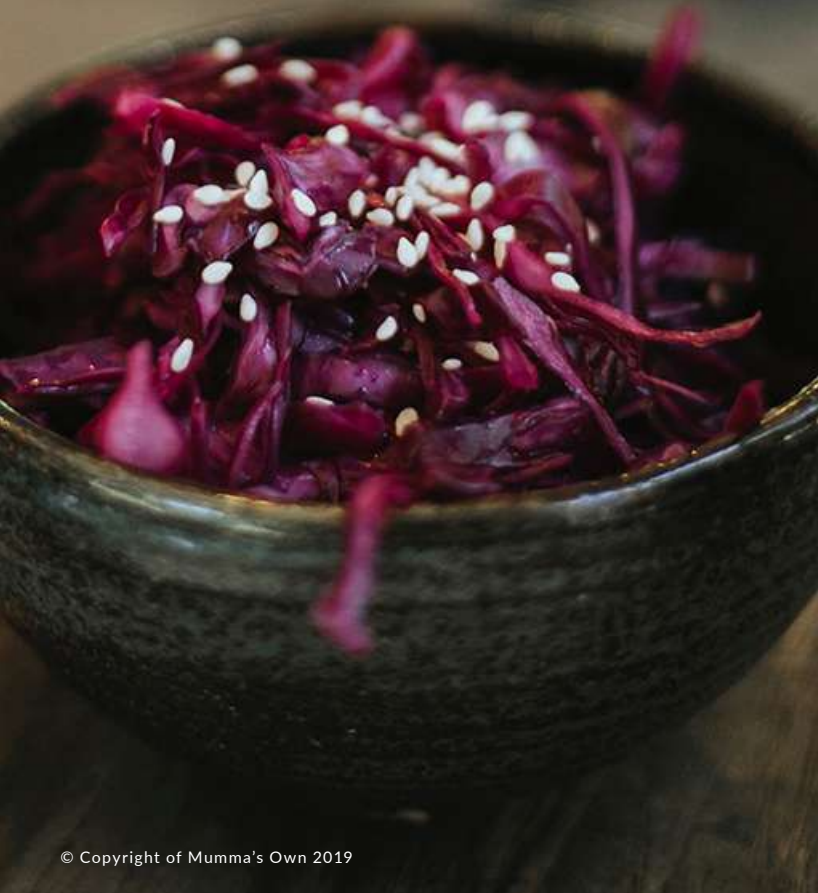
In a jam jar mix the dressing ingredients together and shake well to combine.

ASSEMBLING THE SALAD

When ready to serve the salad, pour over the dressing and toss together well to ensure it all combines then serve immediately.

Note:

If you have a food processor you can use that to grate the cabbage and beetroot.



GUACAMOLE

INGREDIENTS

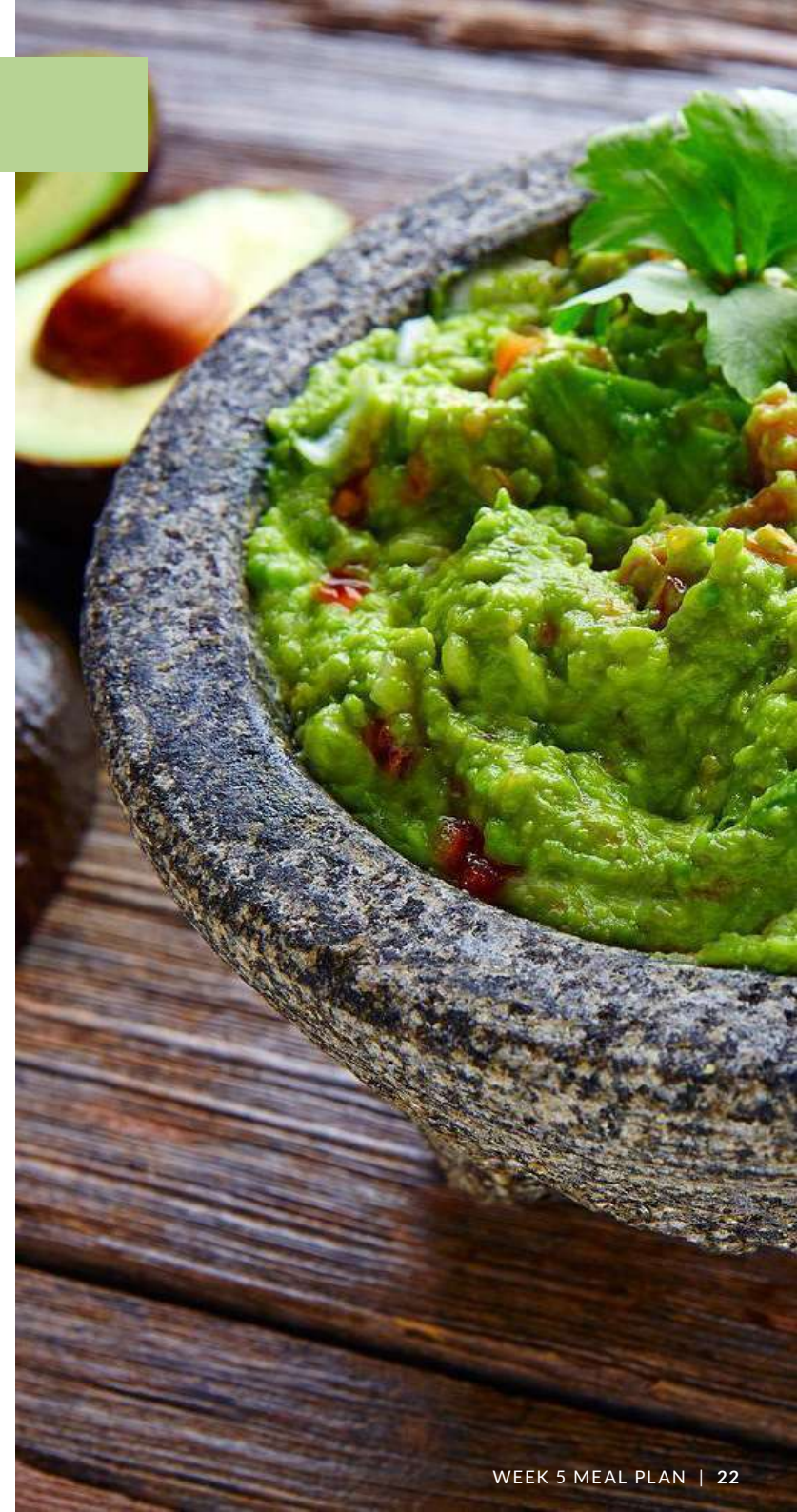
Serves 2

- 1 ripe Avocados mashed
- ½ red chilli (deseeded and finely chopped) - Optional
- ¼ red onion finely diced
- 6-8 cherry tomatoes finely diced
- 1 teaspoon chopped parsley or coriander (whichever you prefer)
- 1 tablespoon lime, juiced
- 2 teaspoons Olive Oil

INSTRUCTIONS

Peel and place the avocado into a bowl and mash roughly with a fork. Add in the finely diced red onion, cherry tomatoes, lime juice, olive oil and chopped parsley or coriander and mix together.

Makes a great side to any meal.





VEGGIE STICKS

INGREDIENTS

Serves 1

- ½ Lebanese Cucumber
- ½ Carrot, washed well or peeled
- ½ Red Capsicum
- 2 celery sticks

INSTRUCTIONS

Slice all ingredients into vegetable sticks and use as either a side to meals such as the chicken meatballs or as an easy snack.

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
- ½ teaspoon freshly grated ginger
- ½ teaspoon freshly grated 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.

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