

YOUR AUTUMN WINTER WELLNESS MENU

The following Wellness Menu is designed to help increase your energy, alkalise your body, and reduce inflammation. Simply incorporate as many of these ideas as you can into your diet. If you have already been instructed to eliminate certain foods such as tomatoes, please have a salad without tomatoes. Some key recipes are overleaf. Accentuate the positive, eliminate the negative, relax and enjoy.

Kick start each day with an alkalising energy boost of a green superfood blend in a tall glass of lemon juice with water.

DAY	BREAKFAST	LUNCH	DINNER
1	Piece of fruit and Breakfast Oats	Vegetable or herb omelette	Roast lamb and vegetables
2	2 egg omelette with grated zucchini and shallots	Leftover lamb and salad	Winter stew made with Bone Broth
3	Protein shake with fruit and coconut or flaxseed oil	Warm Autumn Salad	Poached chicken with vegetables
4	Piece of fruit and Breakfast Oats	Leftover lamb and salad on gluten free wraps	Stir fry chicken with basmati or brown rice
5	Vegetable or herb omelette	Leftover stir fry chicken with basmati rice	Steamed fish with vegetables
5	Protein shake with fruit and coconut or flaxseed oil	Warm Autumn Salad	Chicken Soup
7	Vegetable or herb omelette	Chicken Soup	If desired, enjoy a freedom meal, or turkey and roast veg

Morning tea:

Piece of fruit with a handful of raw, unsalted nuts eg, almonds, brazil or macadamia



Paw Paw and Pears are great fruits because of their digestive enzymes and Pumpkins, Squash, Ginger, Leeks and Garlic are great Autumn/Winter foods.

Afternoon tea:

- Avocado and sprouts on a rice cake
- Piece of fruit with a handful of raw, unsalted nuts eg, almonds, brazil or macadamia
- Carrot sticks with hummus or smashed avocado

Tips:

- Aim for two pieces of fruit a day
- Palm size serves of meat with lashings of vegetables
- Include organic protein, a little good fat and fresh fruit or veg with each meal
- Eat organic where possible, especially animal products
- Add nourishing, high protein grains such as quinoa to salad to make it more substantial

Protein Sources:

Avocado, nuts and seeds, goats cheese, brie, camembert, cottage cheese, coconut products, chick peas, kidney beans, lentils

Good fats:

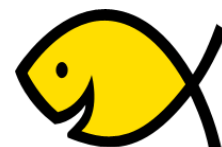
Avocado, nuts and seeds, goats cheese, brie, camembert, cottage cheese, coconut products, olive oil, organic butter, tahini

Drink:

- 2+ litres of water daily
- Herbal tea
- Dandelion coffee

Which Fish is Best?

Wild caught, Australian
Salmon
Sardines
Barramundi



YOUR RECIPES

Breakfast Oats - serves 2

Cooking the oats in ghee removes the gluten. Look for sundried, sulphur free sultanas in your health food shop. Increase anti-inflammatory turmeric to 1 tspn if you are in pain. Cinnamon is great for blood sugar balance. Serve with baked or grated fresh apple for even more fibre and sugar balance.

Ingredients	Method
<ul style="list-style-type: none"> • 2 tspn organic ghee • 1/2 cup rolled oats • 1 cup hot water • 1 tbspn sultanas or raisins • ¼ tspn cardamom • ¼ - ½ tspn turmeric • 1 tspn cinnamon • 1 tbspn slivered almonds • 1 tspn raw honey 	<ul style="list-style-type: none"> • Melt ghee in saucepan, add oats and stir until oats turn a golden colour • Add hot water, dried fruit, cardamom and turmeric • Heat until mixture is thick and creamy • Serve with coconut or goat's yoghurt, sprinkled with almonds and cinnamon and a drizzle of raw honey

Simple Beef Bone Broth

Meat stock is extremely nutritious, containing the minerals and electrolytes of bone, cartilage, marrow and vegetables in an easily digestible form. The addition of vinegar helps to draw the minerals, particularly calcium, magnesium and potassium, into the broth. The gelatin drawn from the bones in meat broths makes cooked foods easier to digest. Use in soups, stews, gravies and sauces. You can also cook quinoa or rice in broth to give it extra flavour and nourishment. Drink a cup of broth whenever you are feeling rundown.

Ingredients	Method
<ul style="list-style-type: none"> • 3kg of a combination of beef marrow, knuckle bones, plus meatier rib and neck bones • ½ cup apple cider vinegar • 3.5 litres water approx. • 3 carrots, scrubbed and coarsely chopped • 3 onions, quartered • 3-4 stalks celery, coarsely chopped • Several sprigs of fresh thyme, tied together for easy removal later • 1 tspn dried green peppercorns, crushed • 1 bunch parsley 	<ul style="list-style-type: none"> • Place all ingredients in the slow cooker. Add water until bones are covered. • Simmer on 'high' for 48 hours. • Strain the stock through a colander and then through a fine sieve. • Stock can be used in soup or for flavouring straight away. To store for future use, cool in the fridge and remove congealed fat. Stock will keep in the fridge for up to 5 days or freeze in 500ml (2 cup) lots.

Warm Autumn Salad - serves 4

Serve with chickpeas or other protein

Ingredients	Method
<ul style="list-style-type: none"> • 600g pumpkin, peeled and cut into 1" pieces • 1/2 cup olive oil • ½ cups walnuts, toasted and chopped • 2 cups bone broth • 1 cup tricolour quinoa grains, rinsed • 2 medium beetroot, trimmed and scrubbed • Juice and zest of 1 orange • 1 tbspn raw honey • 1 tbspn wholegrain mustard • ½ cup parsley, roughly chopped • 120g goat or sheep's feta, crumbled 	<ul style="list-style-type: none"> • Preheat oven to 200C • Place pumpkin on an oven tray. Drizzle with 2 tbspn of the olive oil and toss well to coat • Bake for 15 minutes, then toss and return to oven for further 5 minutes if required • Spread walnuts on a baking tray. Place in oven and toast for 5 minutes • Bring broth to the boil. Add quinoa grains and simmer, covered for 10 minutes • Grate beetroot. This can be done with a veggie spiraller, mandolin to food processor blade to make long spirals • To make dressing, combine remaining olive oil, orange juice, honey and mustard in a jar and shake to combine • Combine pumpkin, quinoa, beetroot and parsley in a serving bowl. Crumble feta over the top and sprinkle with walnuts