



YOUR HEALTHY RECIPE GUIDE



NURTURE & MOVE

Health & Wellness Coaching

20+

RECIPES FOR
THE WHOLE
FAMILY



A SELECTION OF RECIPES TO GET YOU AND YOUR FAMILY EATING HEALTHY

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Juices

VITALITY BOOST

2 cucumbers
5 stalks of celery
2 carrots
1 cup kale
Juice of 1 lemon
Dash of cayenne pepper (optional)

Juice. Juice the cucumbers, celery, asparagus, greens, and lemons. Add a sprinkle of cayenne if desired.

DE-BLOAT JUICE

3 cucumbers
1 orange
1 cup spinach
Handful of parsley
4 celery stalks
Juice of 2 limes

Juice. Juice the asparagus, cucumbers and celery. Add the lime juice and enjoy.



Chapter 1

BREAKFAST



GREEN SMOOTHIE

SERVES 1

- 1 ½ cups dairy-free milk
- ½ avocado
- 1 cup blueberries
- 1 banana
- 1 cup spinach
- 1 tablespoon chia seeds

Blend all ingredients in a high-speed blender.

CHIA SEED PUDDING WITH BLUEBERRIES

SERVES 1

- 1 cup non-dairy milk
- 1/3 cup chia seeds
- 1 tablespoon honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup fresh wild blueberries

Mix the milk, chia seeds, honey, cinnamon and vanilla together in a small serving bowl. Let the mixture sit for at least 5 minutes so that the chia seeds can absorb the liquid. Top the pudding with fresh blueberries and serve immediately.



SPICE KALE SCRAMBLE

SERVES 2

- 1 tablespoon coconut oil
- 2 large eggs
- 1 cup kale, chopped
- 1 teaspoon turmeric powder
- 1 teaspoon garlic powder
- Sea salt and pepper to taste
- 1 cup blueberries

Heat the coconut oil in a skillet. In a separate bowl, whisk the eggs. Add chopped kale and spices to the skillet. Cook until slightly wilted. Then, add whisked eggs. Sauté until the eggs are firm. Serve with a cup of blueberries.



WARM SEED CEREAL

- 1 cup dairy-free milk
- $\frac{1}{4}$ cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- $\frac{1}{2}$ cup pumpkin seeds
- $\frac{1}{2}$ cup sunflower seeds
- 1 scoop vegan protein powder
- 1 banana, sliced
- 1 tablespoon raisins

Combine milk, canned pumpkin, and pumpkin pie spice in a small pot over low/medium heat. Mix until warm and smooth, but not boiling. Add pumpkin seeds, sunflower seeds, and protein powder. Serve in a small bowl with sliced banana and raisins.



GLUTEN-FREE OATMEAL

Serves 2

1 cup gluten-free oatmeal

2 cups water

1 scoop protein vanilla powder

1/4 cup fresh berries

1 teaspoon cinnamon

Mix the ingredients in a pot over medium-high heat. Cook for 3 to 5 minutes until the oats are well cooked.



Chapter 2

BASICS



ROASTED CHICKEN

Serves 4

- 1 whole chicken (giblets removed)
- 1 tablespoon coconut oil
- 1 tablespoon all-purpose seasoning (salt-free)
- sea salt and black pepper, to taste

Preheat the oven to 200 degrees C.

Wash the chicken and place in a baking pan. Dry the chicken thoroughly with a paper towel. Coat the chicken with coconut oil and season the entire chicken with all-purpose seasoning, salt, and pepper. Place in the oven and cook for 45 minutes to 1 hour. To check to see if your chicken is done, slice between the thigh and wing - look for any evidence of blood or pink meat. If the meat is still pink, cook for an additional 5 to 10 minutes.

GINGER CHICKEN

Serves 4

- 2 tablespoons coconut oil
- 1 onion, chopped
- 500 grams minced chicken
- sea salt and black pepper, to taste
- 1 inch fresh ginger, grated
- ½ cup raisins
- ¼ cup orange juice
- 1 teaspoon cumin
- 1 teaspoon garlic powder

Add coconut oil to a large pot over medium heat. When the oil has melted, add onion and sauté for about 3 minutes. Add ground chicken and break the meat apart with a large spoon. Season with salt and pepper, then sauté for another 5 minutes. Add ginger, raisins, orange juice, cumin, and garlic powder. Mix well and cover. Allow pot to simmer for about 5 to 10 minutes, stirring occasionally.



ROASTED SALMON

Serves 4

4 salmon fillets
1 tablespoon coconut oil
sea salt and black pepper, to taste
1 lemon, sliced

Preheat the oven to 180 degrees C.

Wash the salmon and dry with a paper towel. Place the salmon on a baking sheet and coat each fillet with coconut oil. Season with salt and pepper. Bake for about 12 to 15 minutes until the meat is flaky, but still moist. Serve each fillet with a slice of lemon.



LARGE SALAD

Serves 4

- 8 cups mixed greens
- 1 cup shredded carrots
- 1 large cucumber, chopped
- 1 tomato, chopped
- 1 large bell pepper, chopped
- 1 small red onion, thinly sliced
- 1 avocado, diced

Add all the ingredients to a large salad bowl. Mix well and top with your favorite dressing. (See Dressings for recipes.)
eggs are firm. Serve with a cup of blueberries.



STEAMED BROCCOLI WITH LEMON

Serves 2

- 1 bunch broccoli
- 1 lemon, cut in half
- sea salt and black pepper, to taste

Cut the broccoli into florets. Place a steamer basket into a medium-sized pot over medium heat. Add the broccoli to the steamer basket.

Cover the pot. Steam the broccoli for about 5 minutes until the broccoli is bright green and tender. Remove the broccoli from the basket and place in a serving bowl. Season with lemon juice, salt, and pepper.



BROWN RICE

Serves 4

1 cup brown rice

1½ cups water or vegetable broth

1 teaspoon sea salt

Add the ingredients to a pot over medium heat. Cover and cook for about 30 minutes until the rice has absorbed all the water.

ROASTED SWEET POTATO

Serves 4

4 large sweet potatoes

Preheat the oven to 425 degrees F.

Place sweet potatoes onto a baking pan. Place into a hot oven and bake for 45 minutes to 1 hour. The sweet potatoes are done when you can pierce the center with a fork or knife without resistance.



Dressings

LEMON CURRY DRESSING

Makes about 1 cup

2 large lemons, juiced
1 large garlic clove, chopped
1 teaspoon curry powder
¼ cup extra virgin olive oil
sea salt and black pepper, to taste

Add all the ingredients to a small bowl. Mix well with a fork before serving.

LEMON CILANTRO DRESSING

Makes about ½ cup

1 lemon, juiced
½ bunch cilantro, chopped
1 garlic clove
½ cup sunflower seeds, soaked and drained
2 tablespoons extra virgin olive oil
sea salt and black pepper, to taste

Combine all ingredients a high-speed blender. Blend until smooth.





Chapter 3

LUNCH

SIMPLE APPLE SALAD

Serves 2

- 4 cups mixed greens
- 1 red pepper, chopped
- 1 cucumber, chopped
- 1 avocado, diced
- 1 apple, chopped
- ¼ cup walnuts
- 1 can of chickpeas

Combine all ingredients in a large salad bowl. Serve with your favorite salad dressing.

Omnivore Option: Add 1 5-ounce BPA-free can of tuna



SPINACH BOWL

Serves 2

- 1 teaspoon coconut oil
- 2 garlic cloves, chopped
- 6 cups spinach
- sea salt and black pepper to taste
- 1 cup canned chickpeas, drained and rinsed
- 1 cup sprouts
- 2 tablespoons hemp seeds
- 1 avocado
- Juice of 1 lemon

Melt coconut oil in large pan. Add chopped garlic. Sauté for about 2 minutes. Add the spinach. Let the spinach wilt for about 3 to 5 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, hemp seeds, avocado, and lemon juice. Top with your favorite salad dressing.

Omnivore Option: Add 1 5-ounce BPA-free can of salmon



CHICKPEA SALAD

Serves 2

- 3 cups mixed greens
- 1 15-ounce can chickpeas, drained and rinsed
- 1 large cucumber, chopped
- 1 large tomato, chopped
- 1 large green pepper, chopped
- 1 cup chopped purple cabbage, chopped

Add mixed greens to a large mixing bowl. Top with chickpeas, cucumber, tomato, green pepper, and purple cabbage. Mix well and serve with your favorite dressing.

Omnivore Version: Add 5 slices of nitrate free deli slices





CURRIED CARROT CHIPS

- 2 large carrots
- 1 teaspoon extra virgin olive oil
- 1 teaspoon curry powder
- ¼ teaspoon sea salt
- ⅛ teaspoon cayenne pepper (optional)

Preheat the oven. Preheat the oven to 220°C.

Peel the carrots. Wash the carrots thoroughly. Remove the excess skin with a vegetable peeler and discard it. Continue to shave the rest of the carrot into thin slices and put it into a large mixing bowl. Bake for 12-15 minutes and then

ZUCCHINI BOWL

- Serves 2
- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 zucchinis, chopped
- 1 teaspoon dried basil
- sea salt and black pepper to taste
- 1 15-ounce can of black beans, drained and rinsed
- 1 cup cooked brown rice
- 2 cups mixed greens
- Juice of 1 lemon

Melt coconut oil in hot sauté pan. Add onion and zucchini. Sauté until soft (about 10 minutes). Season with basil, sea salt, and black pepper. Serve over warm brown rice and mixed greens. Top with a squeeze of lemon juice and your favorite salad dressing.

Omnivore Version: Add 5 slices of chicken deli slices , nitrate free or chopped chicken (see basics for cooking chicken breasts).





Chapter 4

DINNER

BLACK BEAN SOUP, BROWN RICE AND SALAD

Serves 6

- 2 tablespoons coconut oil
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 3 celery stalks, chopped
- 1 large carrot, peeled and chopped
- 1 yellow bell pepper, chopped
- 3 teaspoons ground cumin
- ¼ teaspoon red pepper flakes
- 4 cups low sodium vegetable broth
- 4 15-ounce cans of black beans, drained and rinsed
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ cup chopped parsley
- 1 lime, juiced

Garnish:

- diced avocado
- chopped green onions



Heat up the oil in a large pot over medium heat. Add the onion, garlic, celery, and carrots. Saute for about 5 minutes or until the onion is tender and golden brown, stirring often. Add the bell pepper, cumin, red pepper flakes and salt. Saute for 2 minutes, stirring constantly. Stir in the vegetable broth and beans.

Bring the mixture to a boil and cover the pot. Adjust the heat to medium/low and simmer for about 15 minutes. Check the soup occasionally and add more broth if needed. Uncover the pot and use an immersion blender to puree some parts of the soup. If you don't have an immersion blender, transfer 3 cups of the soup to a blender and blend until smooth. After blending, return the pureed soup to the pot.

Simmer for a few minutes to thicken the soup if it is too thin. And if the soup is too thick, add more broth. Season with salt and black pepper to taste. Stir in the chopped parsley and lime juice. Serve in bowls and garnish with diced avocado and chopped green onions. Serve with brown rice and a large salad.

Omnivore Version: Serves with roasted chicken (see basics) or store-bought Rotisserie chicken.

STUFFED SWEET POTATOES

Serves 4

- 1 teaspoon coconut oil
- 4 medium sweet potatoes
- 2 teaspoons garlic powder
- 1 teaspoon grated ginger
- 3 tablespoons tahini
- 1 teaspoon gluten-free rice vinegar
- 5 tablespoons water, divided
- 1 15-ounce can chickpeas, drained and rinsed
- 2 teaspoons toasted sesame oil
- Pinch of salt
- ¼ cup chopped green onions
- ½ teaspoon white and black sesame seeds
- 4 teaspoons Sriracha chili sauce
- ½ teaspoon ground ginger
- 1 teaspoon olive oil

Preheat oven to 200 degrees celsius.



Rub the coconut oil on the sweet potatoes and arrange them on a baking sheet. Place the baking sheet in the oven and bake for about 1 hour. While the potatoes bake, mix the garlic, ginger, tahini, and vinegar in a small bowl. Add 3 tablespoons of water and stir until smooth. In a separate bowl, mix the Sriracha chili sauce with two teaspoons of water. Set aside. Once the potatoes are done, remove from the oven and set aside to cool.

Once the potatoes are cool enough to handle, split them lengthwise. Use a fork to mash the opened part of the potato. Set aside.

Pour the chickpeas on a baking sheet and sprinkle a bit of sesame oil, salt, garlic powder and ginger on them. Mix until the chickpeas are coated. Place the baking sheet in the preheated oven and bake for 10 minutes. Bring out the chickpeas and stir. Return the baking sheet into the oven and bake for 20 minutes.

Drizzle 2 teaspoons of the sesame seed paste mixture over each potato. Sprinkle salt on the mashed part of the potatoes. Stuff the potatoes with the remaining Sriracha mixture, green onions, sesame seeds, chickpeas and the remaining sesame seed paste.

Omniore Version: Serve with ginger chicken breast (see basics).

CHICKPEA CURRY

Serves 4

- 2 tablespoons coconut oil
- 1 onion, chopped
- 3 green chilies, chopped
- 3 cloves garlic, chopped
- ½ teaspoon turmeric powder
- 1 teaspoon cumin powder
- ¼ teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 28-ounce can diced tomatoes
- 2 15-ounce cans chickpeas, drained and rinsed
- ½ teaspoon sea salt
- 3 teaspoons coconut sugar
- 1 ½ tsp garam masala

Garnish:

- 1 lemon (juiced)
- Chopped fresh cilantro to taste

Heat up the Dutch oven over medium to high heat. Add the onion and saute until the onion is tender and golden brown.

Stir in the green chiles, garlic, turmeric, cumin, cayenne pepper, chili powder, and coriander. Pour in the diced tomatoes and chickpeas. Season with salt.

Bring to a boil, reduce the heat and simmer, uncovered, for about 20 minutes or until the masala thickens. Stir in coconut sugar and adjust for salt and seasoning to taste.

Remove the Dutch oven from heat and stir in the garam masala. Garnish with lemon juice and chopped fresh cilantro. Serve alone or over brown rice.

Omnivore Version: Serve with chicken (see basics).



ROASTED VEGGIES WITH PEPPERS AND LENTILS

Serves 4

4 large beets, peeled
2 large onions, peeled
4 large carrots, peeled
1 large bell pepper (red or yellow)
2 tablespoons coconut oil
sea salt and black pepper, to taste
8 cups mixed greens
1 bunch parsley, finely chopped
1 15-ounce can lentils, drained and rinsed
Tahini Dressing

Preheat oven to 200 degrees C.

Chop beets, onions, carrots, and peppers into uniform bite-sized pieces. Place in a large bowl with coconut oil, sea salt, and black pepper. Mix well, then layer onto a baking sheet. Bake for 20 to 30 minutes until golden brown. Set to the side to cool.

Add mixed greens, parsley, lentils, and Tahini Dressing to a large salad bowl. Mix well and serve. Top each bowl with roasted vegetables (warm or cold).

Omnivore Version: Serve with Salmon (see basics)



VEGETARIAN CHILLI & LARGE SALAD

Serves 6



2 tablespoons coconut oil
1 medium onion, chopped
3 cloves garlic
2 jalapeno peppers, seeded and chopped
3 celery stalks, chopped
1 tablespoon cumin powder
4 tablespoons chili powder
½ cup diced carrots
1 teaspoon dried oregano
1 30-ounce can crushed tomatoes
2 15-ounce cans pinto beans, drained and rinsed
½ cup water
2 15-ounce cans kidney beans, drained and rinsed
1 teaspoon sea salt
1 teaspoon ground black pepper

Heat up the oil in a large Dutch oven over medium to high heat. Add the onion, garlic, jalapeno, and celery. Saute until the vegetables are tender and the onion is golden brown. Add the cumin, chili powder, carrot, and oregano. Saute for 1 minute, stirring often.

Stir in the crushed tomatoes, pinto beans, water, and kidney beans.

Bring to a boil; reduce the heat and simmer for about 10 minutes with the pot covered. Stir occasionally. Uncover the Dutch oven and transfer 1 cup of the chili to a blender. Blend until smooth. Return the blended portion to the pot.

Cook the chili for another 5 minutes or until the chili thickens. Stir occasionally. Season with salt and pepper to taste. Serve with a large salad.

Omnivore version: Serve with chicken breasts (see basics section)

Omnivore Version: Add 5 slices of nitrate free deli slices



Conversions

OVEN TEMPERATURES

Gas mark	°C	°F
1	140	275
2	150	300
3	160	325
4	180	350
5	190	375
6	200	400
7	210	425
8	220	450
9	240	475

WEIGHTS

Ounces	Grams
1	25
2	50
3	75
4	110
5	150
6	175
7	200
8	225
9	250
10	275
11	315
12	350
13	365
14	400
15	425
16/1lb	450

VOLUMES

Fluid ounces	Millilitres
1	25
2	55
3	75
4	120
5	150
6	175
7	200
8	225
9	250
10	275
15	425
20/1 pint	570
1¼ pints	725
1½ pints	850
1¾ pints	1 litre



Thank You!

If you would like more information about what I do or how you could work with me, please get in touch.

-Lee xo

LET'S CONNECT

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