

JUMPSTART RECIPES



PART 3

BE SURE TO
READ 1 & 2
BEFORE ME!



Introduction

Hello!

Let's start with a quick reminder that **JUMPSTART** is all about helping you get going with healthy eating and getting fitter.

One of the most important things to focus on is enjoyment, including eating and doing all of the things that give you pleasure!

The Nutrition Guide, shopping list and these recipes are intentionally stripped right back to give you a foundation to work with. Substitute fresh whole foods, and add more to the recipes to suit your preference.

It isn't my intention that you'll follow this to the letter if you don't want to! I'm giving you some ideas, but use your creative licence to mix and match meals, change or add other foods to the basic recipes. It's totally up to you!

Include foods that you really fancy and look forward to making your meals and eating them!

Create your own meals too - so long as you are cooking or making them from scratch and using as many fresh ingredients wherever possible to create simple, delicious, healthy meals.

I'm sure you'll love these recipes AND adding your own twist to them too! Enjoy!



Clare xxx



7 Smoothies

Use these recipes for a quick and easy breakfast on busy mornings and if you feel really hungry they make a great snack too. Do try your best not to snack though if you possibly can!

STRAWBERRY & BANANA SMOOTHIE

5 Strawberries
Half a Frozen Banana
1 Scoop Vanilla Protein Powder
200ml Coconut/Almond Milk

BANANA & PEANUT BUTTER SMOOTHIE

1 Cup of Baby Spinach
Half a Frozen Banana
1 Tbsp Greek Yoghurt
1 Tbsp Whole Earth Crunchy Peanut Butter
200ml Coconut/Almond Milk
1 Scoop of Vanilla Protein Powder

SPINACH AND ORANGE SMOOTHIE

1 Orange, peeled
1/2 Banana, peeled
1 handful fresh Spinach
60ml Almond milk
1 Tbsp Chia seeds
Ice

KIWI BERRY BLISS

1 cup Frozen or Fresh Dark Berries
1 Kiwi cut into chunks
1/2 banana, peeled
300ml Fresh Fruit Juice

BERRY BLITZ

1 cup Frozen or Fresh Dark Berries
1 Scoop Vanilla Protein Powder
200ml Coconut/Almond Milk
Ice

GOOD MORNING

300ml Coconut/Almond Milk
1 Tsp instant Coffee Powder
1 Scoop of Vanilla Protein Powder

TROPICAL FRUIT

Half cup Frozen or Fresh Mango Chunks
1 Kiwi cut into chunks
1 Passion Fruit flesh
Juice of Half a Lime
200ml Coconut Milk
100ml Tropical Fruit Juice
Ice

GREEN KALE JUICE

240ml Green Tea, chilled
1 handful fresh Parsley
1 handful Kale
1/2 Cucumber, chopped
1/4 Pineapple, chopped
Juice of 1 Lemon
1 tbsp fresh Ginger, grated
1/2 Avocado, chopped



7 Breakfasts

BANANA PANCAKES

- 1 Banana
- 1 Egg
- 30g gluten-free oats
- 1/2 tsp Cinnamon
- 2 tsp Coconut Oil

Instructions

1. Mix all ingredients together in a bowl.
2. Heat coconut oil in a frying pan.
3. Half the ingredients and make into balls.
4. Press down the balls into the pan.
5. Cook for a couple of minutes each side

THICK & FLUFFY PROTEIN PANCAKES

- 8 Egg Whites
- 75g Gluten-free Oats
- 40g Vanilla Protein Powder
- 100ml Almond/Coconut milk
- 2 tsp Coconut Oil

Instructions

1. Blend all the ingredients.
2. Heat coconut oil in a frying pan.
3. Tip 1/4 of the mix into the pan 2-3mins each side (makes 4 or 8 mini)
4. Keep extra in the fridge - great to make ahead!

BREAKFAST HASH

- 2 Eggs plus 1 White
- Pinch of Salt and Pepper
- 1/4 Tsp Paprika
- 1 tsp Coconut Oil
- 60g Cherry Tomatoes halved
- 50g Mushrooms chopped
- 50g Peppers chopped
- 2 Spring Onions chopped
- 60g fresh Baby Spinach
(you can add 20g Feta if you are not eliminating dairy)

Instructions

1. Beat the eggs, paprika, salt and pepper.
2. Fry off the tomatoes, peppers, onions and mushrooms until soft.
3. Add the spinach until wilted (then feta).
4. Pour the egg mixture and stir until cooked through.



7 Breakfasts cont...

BACON, EGGS & TOMATO

2 rashers of Organic Bacon
2 Eggs
1 Tomato Sliced
1 avocado
Himalayan salt
Pepper
Coconut oil

Method

1. Fry/grill 2 rashers of bacon and tomatoes in coconut oil for 5 mins or until crispy.
2. Crack 2 eggs, whisk them up and pour into a frying pan with a small amount of coconut oil and stir until cooked through and fluffy.
3. Add a small pinch of Himalayan salt and pepper to taste.
4. Half an avocado and scoop out the inside and chop into chunks. Plate it all up together

OMEGA BREKKIE

2 tbsp of Walnuts
2 tbsp of Pecans
1 tbsp Cinnamon
1 pinch of Ginger
1 pinch of Nutmeg
1 tbsp of Almond butter
1 mashed Banana
2 whole Eggs
200ml of Coconut or Almond milk
2 tbsp of Pumpkin Seeds
1 handful of berries

Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.
4. Sprinkle the pumpkin seeds and berries on top and add further almond milk if you wish.



7 Breakfasts cont...

BREAKFAST - CASHEW GRANOLA

200g Rolled Oats (gluten free)
10g organic Butter, melted
120g chopped Cashew Nuts
1 tsp Vanilla essence
2 tsp minced fresh Ginger

Method

1. Pre-heat the oven to 300°F/150°C.
2. Thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly.
3. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly.
4. Serve or store in a covered container. Will keep refrigerated for up to 2 weeks

STRAWBERRY, VANILLA, CINNAMON, PROTEIN PORRIDGE

50g organic oats
300ml unsweetened almond milk
2 egg whites
½ tsp vanilla essence
100g strawberries, sliced
7g ground flaxseed 1 tsp sweetener of your choice (optional)
½ tsp ground cinnamon

Method:

1. Put the oats in a saucepan.
2. Add the almond milk and cook over a medium heat, stirring frequently for 3-4 minutes.
3. Add the egg whites, and cook for a further 1-2 minutes, stirring continuously, until egg is cooked.
4. Remove from heat and stir in the vanilla essence. Pour into a serving bowl.
5. Top with strawberries and sprinkle over the flaxseed, sweetener and cinnamon and serve.



7 Lunches

CAPRESE CHICKEN SALAD

Dressing

- 15ml Balsamic Vinegar
- 2 Tsp olive oil
- 1/4 Tsp dried Basil
- Pinch of salt

Salad

- 100g cooked Chicken
- 1 Romaine Lettuce washed and chopped
- 50g ripe Avocado
- 1 handful Cherry Tomatoes
- 3-5 fresh Basil leaves
- (you can add 20g mozzarella if you are not eliminating dairy)

Method

1. Mix the dressing ingredients.
2. Assemble your salad.
3. Drizzle the dressing over to serve.

SALMON FRITTATA

- 4 medium Eggs
- 125g Smoked Salmon
- 6 Asparagus Spears
- 1 Red Onion
- 1 handful Basil leaves
- 1 Tsp coconut oil

Method

1. Preheat oven to 200c. In a frying pan put 1 tbsp coconut oil pour in onions and asparagus then pour on top whisked eggs and salmon.
2. Fry for 5 minutes then bake in a hot oven for 15-20 mins.
3. Serve with spinach

BUTTERNUT SQUASH SOUP

- 1 Butternut Squash
- 1 Red Onion
- 2 Garlic cloves
- 1 Red Chilli
- 1 small bunch Coriander
- 1/2 Tsp Cumin Seeds
- 300ml Vegetable Stock
- 1 Tsp Coconut Oil

Method

1. Fry the onion, garlic, coriander leaves and chilli in the coconut oil.
2. Add the diced squash and onion for 2 minutes then cover in stock and cook for 30 mins.
3. Season with salt and pepper



7 Lunches cont...

TANDOORI CHICKEN WITH SALAD

4 chicken drumsticks/mini fillets (or use 180g vegetarian chicken replacement)

1 tsp tandoori mix

60g avocado, sliced

Juice of 1/2 a lemon

100g sweet gem lettuce leaves

100g red bell pepper, sliced

25g red onion, finely sliced

7 baby plum tomatoes, halved

Method:

1. Preheat oven to 180°C / 350°F.
2. Place the chicken on a baking tray. Season with salt and pepper and tandoori mix.
3. Oven bake the chicken for 10 minutes, then turn over and cook for a further 10 minutes. Use a skewer to check that the chicken is cooked. The juices will run clear from the chicken when thoroughly cooked.
4. Slice the avocado and sprinkle over the lemon juice to prevent the avocado flesh turning brown.
5. Assemble the salad ingredients on a plate and serve with the cooked chicken

RUMP STEAK STRIP WITH SPINACH, ROCKET & WATERCRESS SALAD

30g white or wholegrain basmati rice (dry weight)

5g organic butter, ghee or coconut oil

1 tsp steak seasoning

175g rump steak strips (or use a vegetarian chicken replacement)

100g mix of spinach, rocket and watercress leaves

50g radishes, sliced

100g tinned sweetcorn

15ml balsamic vinegar

Method:

1. Bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions (note: wholegrain rice takes longer than white rice). If using white rice, avoid stirring too much as this can cause the rice to become too sticky.
2. When rice is cooked, drain and leave for 2-3 minutes to stand.
3. Melt the oil, butter or ghee in a non stick frying pan over a medium heat.
3. Rub the steak seasoning into the steak and gently fry for 2 minutes, then turn and cook for a further 2 minutes
4. Mix the leaves, radishes and sweetcorn together, and assemble on a plate with the rice.
5. Drizzle over the balsamic vinegar and top with the steak and serve.



7 Lunches cont...

SWEET POTATO JACKETS

- 2 Sweet Potatoes
- 1 Tbsp Coconut Oil
- 1 Red Pepper, sliced
- 1 handful Chestnut Mushrooms, quartered
- 1 Tsp chopped fresh Rosemary
- Any other toppings of your choice: for example bacon or baked beans.

Method

1. Preheat the oven to 180C.
2. Prick the potatoes several times with a fork then microwave on high for 8-10 mins. (or until tender)
3. Meanwhile, heat the oil in a pan and add the mushrooms, peppers and rosemary. Stir and cook until the mushrooms are tender. Season to taste.
4. Put the potatoes in the oven and roast for 15 mins until the skin starts to crisp. Split open and spoon over the mushroom mix and any other toppings you like.

ITALIAN PORK, VEG & PASTA

- 5g organic butter, ghee or coconut oil
- 50g white onion, finely chopped
- 170g pork stir fry strips (or use a vegetarian pork alternative)
- 75g green bell pepper, finely chopped
- 1 garlic clove, finely chopped
- 200g chopped tinned tomatoes
- 15ml balsamic vinegar
- 1/2 tsp Italian seasoning
- 60g penne pasta

Method

1. Melt the butter, ghee or oil in a non stick frying pan over a gentle heat.
2. Sauté the onion for 3 minutes, stirring frequently.
3. Add the pork and cook for 5-6 minutes, stirring occasionally, until brown on all sides. Add the pepper and cook for 2 minutes, stirring. Add the garlic and cook for 2 minutes, stirring. Add the tomatoes, season with salt and pepper and stir well. Cook for 10 minutes, stirring occasionally.
4. Meanwhile, bring a saucepan of lightly salted water to the boil. Cook the pasta according to pack instructions. If you find the pasta is sticking together, add a dash of olive oil to the water and use a fork to carefully separate the strands.
5. When cooked, drain and leave to stand for 1 minute.
6. Stir the balsamic vinegar into the tomato sauce, and season to taste with salt and pepper. Cook for 2-3 minutes. Serve.



7 Dinners

CHICKEN KEBABS

2 Chicken Breasts
1 Yellow Pepper
1 Red Pepper
1 Onion
1 Mango
4 Cherry Tomatoes
Chilli flakes
Coconut Oil

Method

1. Skewer the chicken, onion, pepper, mango and tomatoes onto sticks.
2. Brush over melted coconut oil and sprinkle with chilli flakes.
3. Serve with salad or vegetables

GREEK ROAST FISH

400g Sweet Potatoes, scrubbed and cut into wedges
1 Onion, halved and sliced
2 Garlic cloves, roughly chopped
½ Tsp dried Oregano
2 Tbsp Olive Oil
½ Lemon, cut into wedges
2 large Tomatoes, cut into wedges
200g fresh Skinless Pollock Fillets
1 small handful Parsley, roughly chopped

Method

1. Heat oven to 200C/180C fan/gas 6. Tip the sweet potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.
2. Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more. Serve with parsley scattered over



7 Dinners cont...

SWEET POTATO TORTILLA

300g bag Baby Spinach leaves
8 Tbsp Olive Oil
2 large Onions, thinly sliced
4 medium Sweet Potatoes, peeled, cut into thin slices
2 Garlic cloves, finely chopped
8 large Eggs

Method

1. Put the spinach in a large colander and pour over a kettleful of boiling water. Drain well and, when cooled a little, squeeze dry.
2. Heat 3 tbsp oil in a 25cm pan with a lid, then sweat the onions for 15 mins until really soft. Add another 3 tbsp oil and add the potatoes and garlic. Mix in with the onions, season well, cover and cook over a gentle heat for another 15 mins or so until the potatoes are very tender. Stir occasionally.
3. Whisk the eggs in a large bowl, tip in the cooked potato and onion, and mix together. Separate the spinach clumps, add to the mix and fold through.
4. Add 2 tbsp more oil to the pan and pour in the sweet potato and egg mix. Cover and cook over a low-medium heat for 20 mins until the base and sides are golden brown and the centre has mostly set. Run a palette knife around the sides to stop it from sticking.
5. To turn the tortilla over, put a plate face down onto the pan, then flip it over. Slide the tortilla back into the pan and cook for a further 5-10 mins until just set and golden all over. other side until just set and golden all over. Allow to rest for 5 mins, then tip onto a board before cutting into wedges

STEAK WITH NEW POTATOES & PEAS

225g rump steak, trimmed of fat (or use a vegetarian chicken replacement)
200g baby new potatoes 1
50g garden peas 1
Og organic butter, ghee or coconut oil
1 sprig fresh mint (optional), chopped

Method

1. Remove the steak from its packaging and leave it to rest at room temperature while you prepare the potatoes.
2. Bring a saucepan of lightly salted water to the boil. Add the new potatoes and reduce to a gentle simmer. Cook for around 10 minutes until soft, remove from water and drain, reserving the water in the saucepan.
3. Bring the saucepan of water to the boil again. Reduce to a simmer, add the peas and cook for 3-4 minutes until soft, then drain. Melt half of the butter, ghee or oil in a non stick frying pan or skillet / griddle.
4. Add the steak or vegetarian chicken, season with salt and pepper and cook on both sides. Follow instructions on steak packet to determine length of time to cook to achieve rare, medium, or well done steak.
5. In a saucepan, gently mix together the cooked potatoes, peas, and the remaining butter, ghee or oil. Sprinkle over the mint.



7 Dinners cont...

CHINESE STIR FRY

5g organic butter, ghee or coconut oil
6 closed cup mushrooms, sliced
150g stir fry pork (or use a vegetarian pork replacement) 100g green bell pepper, sliced
1 garlic clove, finely chopped
1 tsp fresh ginger, finely chopped
1 tsp Chinese 5 spice 100g soft rice noodles

Method

1.Melt the butter, ghee or oil in a non stick frying pan. 2.Add the mushrooms, and sauté gently for 3-4 minutes until softened. Add the pork and cook for 3-4 minutes, stirring frequently, until brown all over. Add the green pepper, and cook for 2-3 minutes.

3.Add the garlic, ginger, and Chinese 5 spice and cook for 5 minutes, stirring continuously.

4.Add the rice noodles and cook according to pack instructions. Serve

LENTIL & SWEET POTATO CURRY

5g organic butter, ghee or coconut oil
50g white onion, finely chopped
100g fresh chicken breast, diced (or use a vegetarian chicken replacement)
100g sweet potato, peeled and cut into small cubes
100g cauliflower, grated or finely chopped
1 garlic clove, finely chopped
1 tsp fresh ginger, finely chopped
40g red split lentils (dry weight)
1 tsp curry powder
1 organic vegetable stock cube
1-3 red chillis (optional), finely

Method

1.Melt the butter, ghee or oil in a large saucepan over a gentle heat. Add the onion and sauté, stirring occasionally, until the onion softens.

2.Add the chicken and cook, stirring, for around 5 minutes.

3.Add the sweet potato, cauliflower, garlic, ginger, curry powder and chillis and sauté for 2 minutes.

4.Add 500ml boiling water and stir in the lentils. Crumble in the stock cube and stir until dissolved.

5.Reduce the heat to medium-low, cover and simmer for around 20-25 minutes, until the lentils break down and the sweet potatoes are soft. Season with salt and pepper. Serve.



7 Dinners cont...

CHILLI CON CARNE

- 500g (1 1/4 lb) Minced Beef
- 1 Onion, diced
- 2 stalks Celery, diced
- 1 Green Pepper, diced
- 2 cloves Garlic, minced
- 1 (600g) jar Passata
- 2 (400g) tins Kidney Beans (liquid reserved from 1 tin)
- 1 (400g) tin Cannellini Beans, liquid reserved
- 1/2 Tbsp Chilli Powder
- 1/2 Tsp dried Parsley
- 1 Tsp Himalayan salt
- 3/4 Tsp dried Basil
- 3/4 Tsp dried Oregano
- 1/4 Tsp ground Black Pepper

Method

1. Place the mince in a frying pan over medium heat, and cook until evenly brown. Drain fat.
2. Place the mince in a slow cooker, and mix in remaining ingredients.
3. Cover, and cook 8 hours on Low

