

A HEALTHY HUNGER



Menu Plans

Three Day Tune Up Diet- October 2014

Millet baked with berries spices and nuts

1 cup uncooked millet
 1 tsp cinnamon
 1/2 tsp nutmeg
 1/8 tsp ground cloves
 1 cup raspberries
 1 cup blueberries
 1/2 cup mix of nuts
 1 tbsp coconut flakes
 2 eggs
 2 cups milk
 1/4 cup honey

It is an easy breakfast to prepare, the only extra time you need is for baking. Preheat your oven to 175°C. In a bowl mix uncooked millet with spices and place in a medium size greased baking dish. Place berries on top and cover with nuts and coconut flakes. In another bowl mix eggs, milk and honey. Pour it over your millet mix and with a spoon move it around a bit. Bake for about an hour. Serve with yogurt, fruits and honey.

Cauliflower and Roasted garbanzo

1 1/2 cups fully cooked chickpeas, towel dried
 zest + juice of 2 limes, divided olive oil
 1/4 tsp chili powder
 salt + pepper
 1 head of cauliflower, core removed
 1 tbsp dijon mustard
 1/2 tbsp agave nectar
 3-4 radishes, thinly sliced
 1 cup flat parsley leaves
 2 sprigs fresh mint, leaves sliced
 2 green onions, finely sliced
 1/4 cup chopped chives
 1 crisp red apple, sliced thin
 1 ripe avocado, peeled and cut into chunks
 1/3 cup sunflower seeds, toasted

Preheat the oven to 400 degrees F. Spread the chickpeas out on a parchment lined baking sheet. Sprinkle them with a bit of lime zest, chili powder, salt, pepper, and about a tablespoon of olive oil. Toss the chickpeas to coat and slide the tray into the oven. Roast until lightly crispy and golden, about 15 minutes. Start turning the cauliflower into rice in batches. Place a few handfuls of the florets into the bowl of a food processor fitted with the "S" blade. Pulse the florets until you have small, rice-ish bits of cauliflower. Scrape the "riced" cauliflower into a large bowl. Repeat with remaining cauliflower. Whisk together the remaining lime zest, juice, a little splash of water, some salt and pepper, the mustard, agave syrup, and 3-4 tablespoons of olive oil. Pour it over the cauliflower rice and toss to coat.

To the large bowl, add the radishes, parsley leaves, mint, scallions, chives, sliced apple, and roasted chickpeas. Toss it all lightly to combine. Top it all of with the diced avocado, sunflower seeds, and some more salt and pepper.

Sesame and Shiitake soba noodles

5 ounces soba noodles
 1 tablespoon toasted sesame oil
 2 cups shredded cooked chicken
 1 tablespoon olive oil or vegetable oil for the pan
 1 cup sliced shiitake mushrooms
 2 cloves of garlic
 2 cups raw shredded napa cabbage
 1/2 cup chopped scallions
 1 tablespoon soy sauce
 2 teaspoons of mirin
 2 tablespoons rice vinegar
 1 teaspoon or so of sriracha (optional)
 2 tablespoons sesame seeds for garnish

Cook the soba noodles in salted boiling water for about 8-12 minutes, or until they're done but still al dente. When soba noodles are done, rinse under cold water. Drain well and transfer to a large bowl. Toss the noodles with a tablespoon of sesame oil and chill the noodles in the fridge. The sesame oil will keep them from becoming gummy. Meanwhile, in a large skillet heat the olive oil. Add shiitake mushrooms and cook, stirring occasionally until they begin to wilt down. Add garlic, cabbage, half the scallions and soy sauce and cook for another few minutes. Add the mirin to deglaze and cook until everything is soft. Remove from heat and set aside to cool for a few minutes. Toss the veggies with the soba noodles and the rest of the scallions. Add a good splash of rice vinegar and some sriracha. Taste and add more soy sauce and rice vinegar to your liking. Serve at room temp, or chill until ready to serve. Top with sesame seeds. Store in the fridge in an airtight container for up to a few days.

Day 2

Millet with coconut milk fruit and nuts

1 cup millet
 1 cup water
 1 cup coconut milk
 1 cup blueberries
 1/2 cup vanilla soy yogurt
 2 tablespoons walnuts

In a pot place millet, water and coconut milk, boil for about 10 minutes on a high heat and then leave it under a cover for 10 minutes. You can serve it hot or cold, with fruits, nuts and a soy yogurt.

Winter Kale Slaw

1/4 cup sesame seeds
 2 bunches kale, stemmed and shredded (6 cups)
 Juice of 1 lemon
 2 Tbsp. olive oil
 1/2 tsp. kosher salt, plus more to taste
 2 apples, cored and sliced
 1 medium sweet potato, shredded (2 cups)
 1 medium beet, peeled and shredded (2 cups)

2 scallions, sliced
1 cup chopped flat-leaf parsley

Total time: 25 minutes

In a medium skillet, toast sesame seeds over medium heat, stirring, until golden. Remove from heat and set aside.
In a large bowl, drizzle kale with lemon juice, olive oil and salt. Using your hands, massage kale until dark green and tender, about 5 minutes. Add apples, sweet potato, beet, scallions, parsley, mint and reserved toasted sesame seeds and toss. Season with salt to taste. Slaw can be stored in an airtight container in the refrigerator for up to 5 days.

Roasted Sweet Potato and Garlic Soup

Large sweet potatoes, roughly chopped (about 5 cups)
1 head garlic, peeled
1 medium onion, chopped (about 2 cups)
1/2 Tbsp. coconut oil, melted
1/2 tsp. kosher salt, plus more to taste
1 tsp. ground turmeric
Cayenne pepper (optional)
Juice of 1/2 lime
1 Tbsp. olive oil
2/3 cup chopped cilantro leaves

Preheat oven to 400°. On a baking sheet, toss sweet potatoes, garlic, and onion with coconut oil and salt. Bake until softened and golden, about 30 to 40 minutes.
Transfer roasted vegetables to a blender. Add 4 cups boiling water, turmeric, cayenne (if using), lime juice, and olive oil and puree until smooth. Season with salt to taste. Add cilantro and pulse to just incorporate (do not blend, or soup will turn muddy color). Serve hot. Soup can be stored in an airtight container in the refrigerator for up to 4 days.

Day 3

Breakfast cookies

3/4 cup rolled oats
1/2 cup coconut flakes
1/4 tsp salt
1/3 cup chopped walnuts
1/4 cup dried cranberries
1 banana, mashed
2 tbsp olive oil
1 tsp agave nectar
1 tbsp sesame seeds

Mix all the ingredients in a bowl. Use two tablespoons of mix for each cookie. You can use round dough cutter to form nice round shape or you can do it by hands. Place baking paper on a tray, put 6 or more cookies on it and bake in 175°C for about 20 minutes.

Black Quinoa and kale Salad

1 1/2 cup black quinoa (cooked)
4 tbsp olive oil
1/2 lemon (peel and juice)
2 tbsp hot english mustard
salt and pepper
4 big leaf of Kale
2 red apples
1 handful sprouts
2oz feta cheese

Cook the quinoa. Mix the ingredients for the dressing in a high glass or a small bowl. Let the quinoa cool off for a while and add the dressing.

Rinse the kale and chop it. Cut the apples in small cubes. Mix all the ingredients with the quinoa and top it with the goat cheese.

Steamed Salmon with Steamed Broccoli

8 oz wild salmon fillet, cut in two equal pieces
1/2 cup brown rice
1 head broccoli, broken into florets and stem cut into 1/2" pieces
1 tablespoon toasted sesame oil
2 tablespoons grated ginger
2 limes, zested and juiced
pinch of sea salt

In a medium saucepan combine rice with 1 cup water and a pinch of salt. Bring to a boil, reduce to a simmer, cover and cook until the rice is cooked through. Approximately 50 minutes.

Meanwhile, prepare a pot with a steamer basket. Bring 2" of water to a boil, insert steamer basket and add broccoli. Steam for 4 minutes until bright green and crunchy tender. Remove and set aside. Return the steamer basket and place the salmon. Steam for 4 minutes until cooked through. Remove and set aside.

In a small bowl combine the soy sauce, lime juice and sesame oil.

Divide everything between two bowl and drizzle with dressing. Serves 2