



Your guide to eating healthy during

COVID-19

**Freezer Friendly | Family Friendly |
Immune boosting | Wholefoods | Delicious |
Nutritious**



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1. Avoid temptation to over indulge in sugar –

Sugar makes us feel good! So its normal at times of increased stress and emotional upheaval that we crave it, but sugar is extremely detrimental to our immune system and essentially shuts down its functioning for hours at a time. Utilise whole sugars in the form of fresh fruits, or small amounts of dried fruits, raw honey and pure maple syrup made into whole foods treats.

2. Use culinary herbs liberally –

If we head into rations you will need a stash of dried herbs and spices, not only do these make your meals delicious, but they are loaded with compounds that enhance immune cell activity.

3. COLOUR - Fruits and Vegetables at every meal

Antioxidants are super nutrients, they have many important roles in our body, including being immune boosting and enhancing cell and tissue recovery and repair. Aim for the whole range of colours through the day, including 3 different colours (at least), at each meal.

4. Minimise Alcohol and caffeine

Yet again, we crave more of these two when life gets challenging, but its counterintuitive as they are very depleting when consumed in excess – physically, as well as mentally and emotionally. Keep coffee at no more than 1 daily, and stick to no more than 2 standard drinks a couple of times a week maximum.

5. Optimise whole foods

No brainer! As much as we can; consume food as close to its natural form as possible. Just because we may go onto rations, it doesn't mean we need to eat a processed diet. Plenty of canned goods such as tomatoes, legumes and canned tuna, dried goods such as rice, oats, pasta, pulses, quinoa, nuts and seeds, and other items like long life plant milks are all counted as whole foods which can be made into a variety of meals when added to a source of protein, and some vegetables.

IMMUNE BOOSTING, FREEZER FRIENDLY MEALS

All recipes can be made with locally sourced ingredients, are family friendly, and most importantly are freezer friendly – to keep a steady supply of nutritious food on hand, for whatever this situation brings our way.

Homemade baked beans: (2-3 serves, lasts 4 days in the fridge)

1 T Olive oil or coconut oil

1 X 400g of cannellini beans or mixed beans

½ Red onion, diced

½ Can organic diced tomatoes, or fresh chopped tomatoes

2 Cloves of garlic, crushed

1 T Tamari (soy sauce in health section)

Splash of apple cider vinegar

1 tsp Honey

Sprinkle of dried oregano to serve

Put the saucepan on at a Med-high heat, Add Olive oil, Onions and Garlic and sauté until soft (1-2 minutes). Add the Tamari Sauce, Tomatoes, Sugar and cook for 2 minutes. Add the Beans until heated through and serve topped with garnish if desired.

Vegetable Soup – 4- 6 serves

2 medium leeks, cut in half, cleaned well, and cut into small pieces
4 cloves of garlic, crushed into a paste
1 red capsicum, cored, seeded and chopped
4 carrots, scrubbed clean, skins on, cut into rough chunks
4 celery stalks, cut into rough chunks
1 zucchini, diced
8 cups water
3 roma tomatoes, with seeds and skin, diced
1 cup dried lentils
1 bunch of kale, stem removed, thinly sliced
1 juice of 1/2 lemon
Salt and pepper to taste

Heat a large pot over medium heat.
Add the leeks, garlic, and capsicum.
Sweat over low heat for 5 minutes, stirring often.
Add carrots, celery and cook for about 3 minutes.
Add the water, tomatoes and lentils, simmer over low heat for at least 30 minutes.
Add the kale and zucchini, cooking for a further 5 minutes.
Turn off the heat and stir in lemon juice.
Season with salt and pepper to taste.

Green spice Soup - 4-6 serves

4 celery stalks
1 brown onion
1 green capsicum
5 big handfuls of spinach
1/2 a head of broccoli, florets chopped
2 garlic cloves
1/2 tsp cardamom
1/2 tsp ground ginger
1/2 tsp ground cumin
1 L of water or stock/broth
Coconut milk to serve
1 handful of mint, roughly chopped
Salt and freshly ground black pepper

Bring the water or stock to a gentle boil in your pot, chop your celery, onion, capsicum, broccoli and spinach and add them to the pot. Cook the vegetables over medium heat covered with a lid for 15 minutes until they soften.
Turn off the heat, add 2 whole garlic cloves, salt and pepper, and the spices and blend your soup (if you want a thicker soup, you can drain off some of the cooking liquid – KEEP IT, for your consumption)
Pour the soup into the plates, add some coconut milk if you want, sprinkle with some more freshly ground black pepper and enjoy!

Dhal – 4 serves

2 tsp coconut oil
1 tsp cumin seeds
1 onion, chopped
4 garlic cloves, chopped
2 tsp ground coriander
½ tsp ground chilli (optional)
2 tomatoes, chopped
100gram red lentils
½ tsp turmeric
½ a lemon, juiced
Small handful of coriander to serve
Drizzle of coconut milk to serve

Heat the oil in a large saucepan, over a medium heat. Add cumin seeds for 10 seconds. Add the onion and fry for 5 minutes. Add the garlic cooking for another 1 minute. Now add the coriander, chilli and tomato. Add the lentils, cover with water and bring to the boil. Add the turmeric, reduce heat to low and simmer for 15 minutes.

Before serving add some lemon juice, fresh coriander and drizzle of coconut milk.

Chicken curry (healthy butter chicken) - 4 serves

2 tsp Garam Masala
1 T Coconut or Olive oil
5 Cloves garlic, Chopped
2 Long red chillies (the longer they are the less heat)
1 Onion, chopped
2 cm Ginger, grated
2 T Tomato paste
2 T Lemon juice
500g Chicken thighs
200g natural Yoghurt (coconut yoghurt, or coconut cream for dairy free)
1 ½ tsp Salt
2 handfuls of baby spinach leaves per person to serve

Saute the garam masala and garlic in the oil. Add the chillies and sliced onions and then sauté until just starting to brown, add the ginger and fry for 2 minutes. Add tomato paste and 100ml of water, lemon juice and chicken then simmer. Season to taste. Whisk in yoghurt and simmer gently for 10 minutes. Turn off the heat and add the baby spinach leaves, stirring through lightly and then serve.

Chicken + Spanish vegetable traybake - 4 serves

600grams chicken thighs

1 red onion, sliced

1 tsp paprika

400grams potato, or sweet potato, sliced

1 red capsicum, sliced

250gram punnet cherry tomatoes

1 zucchini, sliced into rounds and then half moons

½ C olives

1 T Olive oil

Salt and pepper

Baby spinach to serve

Preheat oven to 200 degrees

In a large baking dish add all ingredients except the spinach, and toss thoroughly to combine

Bake for around 40 minutes, or until everything is cooked, tossing the traybake ½ way.

Remove from the oven, place a generous handful of baby spinach on each plate, followed by a helping of the traybake. Eat and enjoy.

Beef Stir-fry – 4 serves

1 T olive oil or coconut oil

400 - 500 grams of beef fillet, sliced into strips

1 broccoli, cut into florets

1 C frozen peas

1 red capsicum, sliced

1 T grated ginger

1 T garlic, minced

1 long red chilli, finely diced (optional)

1 tsp fish sauce

1 T tamari

1 tsp honey

squeeze of lime juice

Note: for hungry families this can be served alongside rice, quinoa, or vermicelli noodles

Heat oil over medium heat

Saute ginger and garlic for one minute and then add the beef, chilli (if using), fish sauce, tamari and honey until just cooked

Add your vegetables and sauté until just cooked- still with a bit of crunch

Turn off the pan, squeeze over the lime and then serve

Beef + Turmeric greens – 4 serves

4 X beef steaks of your preferred cut (approx. 100grams per serve)

1 broccoli head, cut into florets

200grams green beans. Tops and tails removed and cut in half

1 C brussel sprouts, bottoms sliced off and then cut in half

2 handfuls of baby spinach

Salt and pepper

2 tsp turmeric

Cook your steak to your preferred method, and leave to rest on a chopping board.

Meanwhile heat 1 tsp olive or coconut oil in a pan or wok at a medium-high heat; add the broccoli, beans brussel sprouts, salt and pepper and turmeric and cook stirring constantly.

When the vegetables start to lightly brown, toss in the spinach and cook until wilted.

Turn off the heat, serve a generous serve of vegetables on each plate alongside a steak either left whole or sliced thinly.

Chickpea Curry – 4 serves

1 onion, sliced

2 garlic cloves, sliced

1 T curry powder

½ tsp cumin

1 tsp garam masala

1 can salt reduced tomatoes, organic if possible

2 cans chickpeas, drained and rinsed, organic if possible (lentils as substitute)

1 400gm can coconut cream, full fat

Salt and pepper to taste

60gram bag of baby spinach (or a few generous handfuls)

Note: for hungry families you can serve this alongside rice, and you can bulk out with any preferred vegetables too e.g. peas, broccoli, sliced carrot, capsicum – your choice!

In a large saucepan add coconut or olive oil, followed by the onion and sauté for 2 minutes, add the garlic and cook for a further 1 minute. Add the spices and fry for 30 seconds, or until fragrant.

Add all remaining ingredients, bring to the boil, and then simmer for 10 minutes.

Turn off the heat and add the baby spinach leaves, stirring through to wilt, season with salt and pepper.

Serve in bowls, eat and enjoy!

Chicken and Asian infused greens - 4 serves

2 chicken breasts, sliced

1 bunch of silverbeet (or Asian greens such as bok choy, or choy sum instead)

1 T tamari (soy sauce)

1 tsp chilli flakes (or fresh chilli)

½ tsp garlic powder (or fresh garlic)

¼ C sesame seeds

1 tsp sesame oil

Option: to make this more substantial, add 1/3 C cooked brown rice or quinoa per serve

Add 2 tsp olive oil or coconut oil to a medium-high heat pan.

Add your chicken, and sauté for 5 minutes or until cooked through.

Roughly chop your silverbeet (or alternative leafy green), and add to the pan, cooking for a few minutes or until it starts to wilt but it still vibrant green. Add the tamari, chilli, garlic and sesame seeds and cook for a further minute. Remove from heat and stir through the sesame oil. And serve.

Supercharged soup - 4 serves

2 medium leeks, cut in half, cleaned well, and cut into small pieces
4 cloves of garlic, crushed into a paste
1 red capsicum, cored, seeded and chopped
4 celery stalks, cut into rough chunks
1 zucchini, diced
8 cups water
3 roma tomatoes, with seeds and skin, diced
1 can lentils
2 leaves of kale, stem removed, thinly sliced
1 juice of 1/2 lemon
Salt and pepper to taste

Heat a large pot over medium heat.

Add the leeks, garlic, and capsicum.

Sweat over low heat for 5 minutes, stirring often.

Add carrots, celery and cook for about 3 minutes.

Add the water, tomatoes and lentils, simmer over low heat for at least 30 minutes.

Add the kale and zucchini, cooking for a further 5 minutes.

Turn off the heat and stir in lemon juice.

Season with salt and pepper to taste.

One pot wonder - Chicken and Lentil braise – 4 serves

1 onion, sliced
2 cloves of garlic, sliced or crushed
500gram chicken thighs
400gram can of brown lentils, drained and rinsed
200grams mushrooms, sliced
1 C chicken stock, salt reduced
4 C silverbeet, kale or spinach
fresh parsley to serve

In a heavy based saucepan heat olive oil or coconut oil, add the onion and sauté for 2 minutes before adding the garlic and cooking for 1 minute. Add the chicken and cook for a few minutes each side.

Add all remaining ingredients (except the parsley), simmer covered for 20 minutes or until cooked through, add the parsley, stir through and then serve immediately.

Chicken and Super Food Greens stir-fry – 4 serves

If you think you don't like Brussel sprouts, be brave and give this recipe a whirl... it's delicious and your body will love you for it 😊

- 2 chicken breasts, thinly sliced
- 1 thumb of ginger, grated
- 1 long red chilli, sliced (optional)
- 4 kale leaves, stem removed and shredded
- 1 ½ C brussel sprouts, quartered
- ½ a capsicum, sliced
- 1 T soy sauce
- ½ tsp sesame oil
- Option: cooked brown rice, quinoa, or cauliflower rice to serve

Heat oil in a medium-high pan or wok, add the chicken and stir-fry until just starting to brown. Add the ginger and chilli and cook for 1 minute, before adding all other ingredients (except sesame oil) and cook stirring constantly until everything is cooked through. Remove from heat and then add the sesame oil, and serve.

Spiced beef mince - 4 serves

- 1 onion, sliced
- 500grams beef mince
- 1 tsp cumin
- 1 tsp ground coriander
- ½ tsp chilli powder or flakes
- 100grams beans, tips removed and sliced into chunks
- 1 C mushrooms, sliced
- 2 C baby spinach leaves
- 1/3 C fresh coriander to serve
- Option: cooked brown rice, quinoa, or cauliflower rice to serve

Heat oil in a medium-heat pan or wok, add the onion and sauté for a few minutes, add the spices and cook for 1 minute or until fragrant. Add the mince and cook for 5 minutes or until it starts to brown. Add the beans and mushrooms and cook for 3 minutes. Turn off the heat and stir through the spinach and coriander. And serve.

Red curry with Pork and sweet potato - 4 serves

2 T red curry paste (Maeploy is the best brand)

1 400gram can coconut cream

2 small sweet potatoes, cut into cubes

4 heart smart pork fillets, sliced

250grams snow peas, tips removed

1 T fish sauce

1 tsp raw honey, or pure maple syrup

juice of 1 lime

fresh coriander to serve

Cauliflower rice or brown rice to serve if desired

Heat 1 T coconut or olive oil in a heavy based saucepan, or wok and add the curry paste and fry for 1-2 minutes or until fragrant.

Add the coconut cream, sweet potato and pork and simmer for 10 minutes

Add the snow peas, fish sauce, honey and cook for a further minute

Turn off the heat and add the lime.

Add to serving plates on top of cauliflower rice (if using), and top with fresh coriander.

Consume immediately.

5+ veggie and chicken traybake - 4 serves

500gram chicken thighs

1 T paprika

1 garlic clove, crushed

1 onion, roughly sliced

½ a butternut pumpkin, cut into chunks

1 C mushrooms

1 can of tomatoes

1 can of lentils, drained and rinsed

1/3 cup flat-leaf parsley leaves

Salt and pepper

Heat oven to 180 degrees

In a baking tray add all ingredients, place the chicken on the top layer, season with salt and pepper.

Bake for around 30 minutes, or until everything is cooked through.

Remove from the oven, serve alongside a fresh garden salad, add avocado slices atop the capsicum and sprinkle with coriander.

Chicken in Italian sauce - 4 serves

1 onion, diced

2 garlic cloves, sliced or crushed

2 cans chopped tomatoes, salt reduced

1 C olives, pitted either Sicilian or kalamata

2 chicken breasts, sliced in half lengthways creating 4 breasts

1/3 C parsley to serve

option: serve alongside some cooked gluten free pasta spirals (organ from Coles is the best brand)

Side salad to serve

Preheat oven to 180 degrees

Add all ingredients to a baking dish and bake for 20 minutes, or until the chicken is cooked.

Serve alongside a fresh salad and pasta spirals if using.

Stir-fried spring onion and chicken – 4 serves

1 T ginger, grated

3 garlic cloves, sliced

1 bunch spring onions, trimmed, cut into 4 cm lengths

500 grams chicken thighs, sliced

150 grams snow peas, trimmed

1 bunch broccolini, sliced into thirds

1 long green chilli, sliced

1 T tamari

1 tsp raw honey or pure maple syrup

1 tsp sesame seeds

½ tsp chilli flakes (optional)

Juice of 1 lime

Add coconut oil to a medium-high heat pan or wok and add the ginger, garlic and spring onions and stir-fry for a few minutes. Add the chicken and cook for around 7 minutes, stirring constantly.

Add the snow peas, broccolini, chilli, tamari, honey, sesame seeds and chilli flakes and cook for around 5 minutes. Check the chicken is cooked and then divide among serving bowls. Finish with a squeeze of lime and enjoy.

One pot chicken and mushroom braise – 4 serves

1 leek, sliced

500 grams chicken thighs, left whole

300 grams button mushrooms

1 C chicken stock or broth

1 C frozen peas

1/3 C parsley, chopped

Large handful of baby spinach per person

In a medium-high heat sauce pan add olive oil and the leek and saute for a few minutes

Add the chicken and cook for 3 minutes each side, add the mushrooms, stock and peas and simmer for around 10 minutes, or until the chicken has cooked. Season with salt and pepper, turn off the heat and stir through the parsley. Add a large handful of baby spinach to each plate before adding the braise on top.

Vegetable Tagine – 4 serves

1 onion, sliced
1 garlic clove, sliced
½ tsp cinnamon
1 tsp cumin
½ tsp turmeric
2 carrots, chopped
1 red capsicum, chopped
1 zucchini, cut into half rounds
1 can tomatoes (salt reduced and organic if possible)
½ C dried apricots, cut in half
2 C vegetable stock, or broth
1 can chickpeas, drained and rinsed
Salt and pepper
2 T parsley or coriander to serve
Option: Serve with brown rice or quinoa for hungry families

In a heavy based saucepan, or tagine, add olive oil followed by onion and garlic and saute for a few minutes. Add the cinnamon, cumin and turmeric and fry for 1 minute or until fragrant. Add the carrots, capsicum, zucchini, tomatoes, apricots, stock, chickpeas, salt and pepper + an extra 1 cup of water and simmer for 25 minutes. Serve with parsley or coriander and enjoy!