



Model Lunch

cookbook

chemaines.model.health

You don't have to eat less, you just have to eat
smart. Feed your body what it needs
-Chemaine Linnie

Contents

As part of the Model Health team you are encouraged to get creative in the kitchen and try 1-2 new recipes each week. Opt for organic and natural ingredients where possible. Oh and dont forget your water!!!.....have fun xo

Recipes;

- 1} Complete model salad
- 2} Power packed yogurt
- 3} Delectable shish kebabs
- 4} King of Kale salad
- 5} Stuffed peppers, stuffed belly :)

Complete model salad

Ingredients:

1 cup of baby spinach

1 cup of arugula or baby chard

1 handful of baby or grape tomatoes

1/2 cup of shredded breast of chicken

2 tablespoons of balsamic vinaigrette

For vinaigrette -

6 tablespoons of balsamic vinegar

1/4 cup of lemon juice

1 teaspoon of pure honey or maple syrup

2 teaspoons of dijon or whole grain mustard

6 tablespoons of extra-virgin olive oil

blended all ingredients together well . This can be stored for up to a week in the fridge.

Combine all ingredients except vinaigrette in a serving bowl, toss gently to blend. Drizzle with vinaigrette. Enjoy xo

*Serves 1

Power packed yogurt

Ingredients;

3 tablespoons or 1 pot of non fat natural Greek yogurt or kefir

1 tablespoon of goji berries

1 teaspoon of hemp hearts

1 teaspoon of chopped pecan nuts

1 teaspoon of pure honey or coconut syrup

Top yogurt or kefir with goji berries, hemp hearts and pecan nuts,
drizzle with coconut syrup. Enjoy xo

*Serves 1

*You can also use other berries such as raspberries and strawberries.

Chopped walnuts, almonds, sunflower seeds, pumpkin seeds or
shredded unsweetened coconut can be used in place
of pecans and hemp hearts. And coconut syrup can be replaced with
pure honey or maple syrup.

Delectable shish kebabs

Ingredients;

4 bamboo skewers

2 skinless chicken breasts cut into 1 inch chunks

1/4 cup of reduced sodium soy sauce

2 tsp of ground ginger

1 cup of pineapple chunks

1 medium red bell pepper cut into chunks

1/2 a red onion cut into chunks

Place chicken chunks, soy sauce and ginger in a ziploc, seal and shake well to cover all chicken in seasoning. Leave to sit for at least 30 minutes to marinate. Preheat oven to 350 degrees.

Place a piece of chicken, pineapple, red pepper and onion onto a skewer, repeat so the skewer has 3 pieces of each ingredient. Repeat with remaining skewers. Bake or grill skewers until chicken is golden or no longer pink in the middle. Serve immediately. Enjoy xo

*Serves 2 - 2 skewers each

King of Kale salad

Ingredients;

- 1 slice of sprouted or seeded bread cut into 1 inch cubes
- 1 teaspoon of extra virgin olive oil
- 1 pinch of sea salt
- 1 pinch of black pepper
- 1 raw skinless chicken breast breast cut into strips
- 1/4 teaspoon of chilli powder
- 1 bunch of Kale torn into large pieces
- 2 tablespoons of Balsamic vinaigrette

Preheat oven to 350 degrees. Combine bread, oil, salt and pepper in a medium bowl, toss until well blended. Bake until golden and toasted.

Sprinkle chicken with chilli powder and set aside.

Heat a non stick pan over high heat, add chicken and cook thoroughly.

Remove chicken and add Kale to skillet. Cook, turning once, until

Kale is crispy. Evenly divide Kale between two plates, top with

chicken and croutons, drizzle with vinaigrette. Enjoy xo

*Serves 2

Stuffed peppers, stuffed belly

Ingredients:

- 1 raw skinless chicken breast chopped into small uneven pieces
- 2 medium peppers, red, green or orange, cut in half with seeds removed
- 2 teaspoons of extra virgin coconut oil
- 2 cups of cooked quinoa
- 1 teaspoon of ground chilli
- 1 teaspoon of ground cumin
- 1/4 teaspoon of sea salt or pink himalayan salt
- 1/4 teaspoon of black pepper
- 1 tablespoon of fresh lime juice
- 1 cup of shredded Monterey Jack or Mozzarella cheese
- 5 tablespoons of chopped fresh Cilantro
- Hot pepper sauce to taste (optional)

Preheat oven to 350 degrees. Place all peppers open side up in a baking dish. Heat oil in a non stick pan over medium heat. Add chicken, chili powder, cumin, salt and pepper. Cook until chicken is golden or no longer pink. Add quinoa, cilantro and lime juice to chicken and mix well.

Cook stirring occasionally until heated through.



Add a heaping 1/2 cup of mixture to each pepper half and cover lightly with foil. Bake for 30-35 minutes or until peppers are tender. Remove foil and top with cheese. Bake for another 3 minutes. Serve sprinkled with cilantro and hot sauce. Enjoy xo

**Serves 4 - 1/2 a pepper each.*

Get kitchen creative
with love

Chemaines.model.health