

ILL NUTRITION GUIDE

Nutrition Guide

UNDERSTANDING NUTRITION | OVER 21 RECIPES

It's time to go ALL IN with your nutrition!

JL
NUTRITION GUIDE

the guts

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It's ALL About Balance & Finding Out What Works For You.

Jenna Louise

The Meal Plan

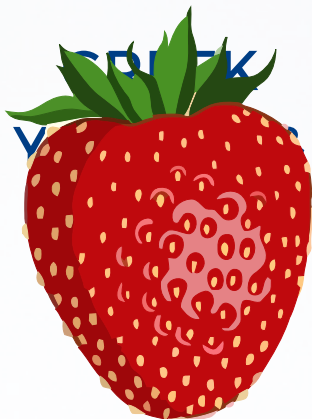
BREAKFAST

LUNCH

DINNER

SNACKS

MON



TUE

BERRY &
BANANA
SMOOTHIE



WED

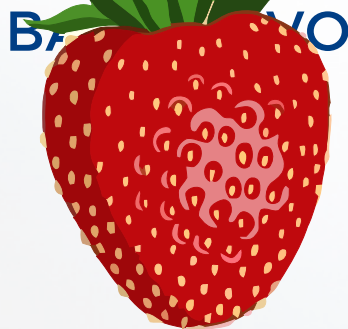
EGG WHITE &
OAT PANCAKE



TUNA PESTO
ZOODLES



THU



FRI

EGG WHITE &
ROASTED
VEGETABLES

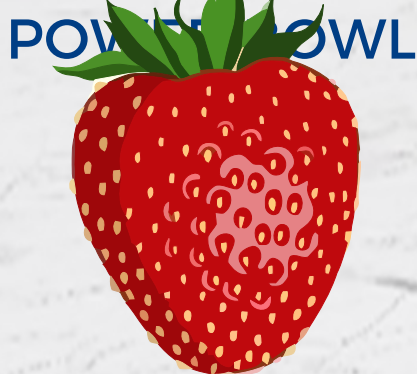


THAI CHICKEN
& CUCUMBER
SALAD

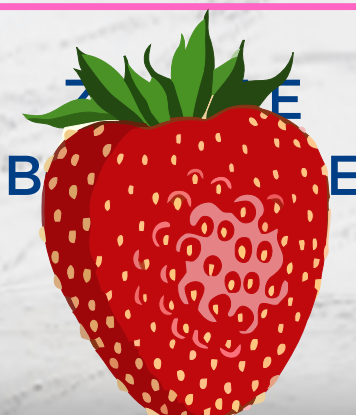
MEDITERRANEAN-
INSPIRED
POULTRY



SAT



SUN



Breakfast





Berry & Banana Smoothie

INGREDIENTS: METHOD:

1 Banana
1/4 Cup of Wholegrain Rolled Oats
1 Scoop of Vanilla Protein Powder
1 Tbsp of Chia Seeds
Frozen Berries
1 Tbsp Organic Honey
1 Tsp Ground Cinnamon
300mls Almond/soy/milk or coconut Water
Ice Cubes

Again another super quick breakfast,
combined, blend and GO!

Lunch





Thai Chicken Salad

INGREDIENTS: METHOD:

2 Small Chicken Breasts
1 Small Cucumber
1 Shallot
1 Spring Onion
1 Fresh Red Chilli
1 Small Radish
1 Cup Bean Sprouts
1/2 Red Onion
Rocket Salad Mix
Peanut Oil
1 tsp Minced Garlic
1 1/2 tbsp of Chilli Thai Sauce
1/2 Lime Juice
1 tbsp of Brown Sugar
1 tbsp Fish Sauce

1. Combine Chilli Thai Sauce, lime juice, sugar, fish sauce, lemongrass and oil in a small bowl. Place chicken in a glass or ceramic dish. Pour 1 tablespoon of the lime juice mixture on top of the chicken and mix through. Set aside for 10 mins to marinate.
2. Add shallot, green onion, chilli, bean sprouts, red onion, coriander, cucumber & Radish to a salad bowl.
3. Pan fry the chicken with peanut oil
4. Place cooked chicken on top of the salad mix to serve.

Dinner





Tuna Pesto Zoodles

INGREDIENTS:

- 4 Small Zucchini's (ends trimmed)
- 2 Cups Fresh Basil
- 2 Cloves Garlic
- 1/3 Cups Extra Virgin Olive Oil
- 2 tsp Lemon Juice
- 1/4 Cup freshly grated Parmesan Cheese
- Cherry Tomatoes
- Salt & Pepper to taste

METHOD:

1. Use a Zoodle Spiraliser to make the zucchini into noodles
2. To make the Pesto, combine the basil & garlic in a food processor & pulse until coarsely chopped. Slowly add the olive oil in a constant stream while the food processor is running. Add lemon juice & parmesan & pulse until blended. Season with salt & pepper.
3. Combine the zucchini noodles & pesto & toss until well coated.
4. Top with tomatoes & an additional sprinkling of parmesan cheese.





THANK YOU & HOPE YOU ENJOYED
THIS GUIDE!

**GET FULL ACCESS TO
THE 54 PAGES OF
JL | NUTRITION GUIDE
WITH OVER 21 RECIPES.**

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