

14 Easy Wholefood Dinner Recipes

& 3 Beginner Guided Meditations

For Busy Mums



A note from Candice

Hello there, I hope you enjoy these easy dinner recipes and guided meditations as much as I do. As a working Mum with two boys and a business I absolutely get how difficult it can feel to live a healthy happy life on top of the mountain of commitments you already have. It is my hope that these yummy recipes and meditations can help you feel a little more in control of your health - mind and body!

Enjoy x

A Little About Meditation

Meditation has been around for thousands of years and is used in almost every culture around the world in one way or another. It is a fantastic way to access inner peace, through increasing your awareness of your feelings, sensations, thoughts, emotions, and surroundings.

A regular mediation practice has a wide range of benefits from managing stress, improving sleep, improving heart health, increased creativity, anti-aging and improving moods. And it is something anyone can do from the comfort of their own home.

Meditation is a skill; it is like exercise for the brain. It may not come easily to start with, but the long-term benefits are kind of HUGE. Stick with it and you will start to experience life in a completely different way.

Give it a go with these three mediations, remember, the more you practice the better you will become!

Guided Meditation One

Beginner Relaxation Meditation - <https://www.youtube.com/watch?v=CFW6RDrIUSQ>

Guided Meditation Two

Beginner Mantra Meditation — I am capable - <https://www.youtube.com/watch?v=WdJa6-qHAtY>

Guided Meditation Three

Beginner Beach Visualisation - <https://www.youtube.com/watch?v=QVnAqd1v-5U>

Have you heard about Mindful Health?

Mindful Health is a fresh and sustainable approach to building a healthy lifestyle that incorporates the benefits of mindfulness, meditation, a whole food approach to eating, and moving in ways you enjoy.

For far too long now the focus in the wellness industry has been on calorie restrictive diets and energy intense exercise challenges that are not only difficult to follow but impossible to maintain. As a result, we live in a world of fad diets and confusing marketing messages that has seen a surge in yo-yo dieting, poor self-confidence, stress and lack of joy in life.

Mindful Health is a lifestyle that incorporates mindfulness practices, self-discovery, fresh nourishing foods and exercises you enjoy. No two people have the exact same journey, because no two people are exactly the same.

Everything we do at Home of Healthy Mums is based on the Habit Change Method. Habit change is NOT about a drastic overhaul of your life, it IS about making small changes one at a time, turning them into healthy habits and then making another small change or tweak in your lifestyle. Think of habit change as building blocks, starting with one block, then another, then another, amazing things can be created.

Here are the three critical steps in a Mindful Health approach:

1. Make Mindful Health a priority and practice it daily.
2. Let go of expectations and be kind to yourself.
3. Replace bad habits with good habits, one at a time.

Focus on one habit at a time, stick with it until you are comfortable adding a new habit, then add another action. This is YOUR journey, own it!

POSITIVE THOUGHTS TO REMEMBER:

- I can create a life I love.
- I am worthy of fantastic health.
- I am wonderfully unique.
- I believe in all of my abilities and nothing will hold me back.

Hello, I'm Candice creator of Home of Healthy Mums and I'm an Advanced Health and Nutrition Coach and Meditation Teacher, which means I help Mums just like you get their confidence and energy back.

I get it, I once struggled majorly with my health too. I'm here because I understand what it's like to have a full life and not have the energy and mindset to enjoy it. The kids, the career, it's all hard to enjoy when you're not feeling well. I want you to enjoy your amazing life!



Vegetable Stir Fry

Serves 2

Ingredients:

2	tbsp coconut oil	½	cup frozen corn
1	tin chickpeas, rinsed	2	cloves garlic, minced
2	cups broccoli, chopped	½	tsp ginger, grated
1	cups red capsicum, chopped	3	tbsp vegetable broth/stock
1	cup yellow capsicum, chopped	4	tsp sesame seeds
1	cup green beans, chopped	2	cups steamed rice of choice
1	cup baby corn		

Directions:

1. Heat coconut oil in large skillet, add broccoli and stir fry for 1-2 minutes.
2. Add capsicums, chickpeas, green beans, baby corn, corn, garlic, and ginger. Stir fry for another 1-2 minutes until crisp-tender.
3. Add vegetable broth and cook until desired tenderness is reached.
4. Serve with rice and top with sesame seeds. Enjoy!



Grilled Shrimp & Veggies on a Stick

Serves 2

Ingredients:

400g shrimp, peeled and de-veined
Juice of 1 lime
2 tsp minced garlic
Freshly ground black pepper
1 medium zucchini, sliced into 2.5cm pieces
2 cups button mushrooms
1 red capsicum, sliced into 4cm pieces
1 green capsicum, sliced into 4cm pieces
1 red onion, cut into eighths
4 cloves garlic, minced
3 tbsp olive oil
Wooden skewers (soaked in cold water for 15 minutes to prevent burning)
Salad leaves – to serve as a side.

Directions:

1. Soak wooden skewers (at least 15 minutes), set aside and prepare ingredients while they soak.
2. Peel shrimp and put in medium bowl and toss with minced garlic. Add lime juice and season with pepper. Set aside.
3. Wash and chop vegetables. Warm up grill.
4. Add vegetables and garlic to the shrimp bowl and add olive oil. Toss. Stack veggies and shrimp onto skewers and grill until fully cooked.
5. Serve with salad green leaves



Easy Chili w/ Quinoa

Serves 6 generously

Any leftovers
will reheat
well for lunch
the next day!

Ingredients:

1 tbs coconut oil
500g beef or turkey mince, organic and grass fed preferred
2 cans organic black beans, rinsed and drained
6 tomatoes, diced
1 red onion, diced
1 capsicum, diced
1 tbsp chili powder (or to desired spice level)
2 cup frozen corn, pea and carrot mix
2 cups cooked quinoa – to serve on the side
2 avocados

Directions:

1. Heat coconut oil in a large pot. Add onion and capsicum and cook for 3 minutes.
2. Add beef or turkey on medium-high heat until browned.
3. Mash one can of black beans and add, along with all other ingredients (excluding quinoa and avocado), to the pot.
4. Simmer for about 30 minutes. Serve with cooked quinoa and top with avocado.



Slow Cooker Pot Roast

Serves 8

Ingredients:

1.8kgs boneless beef shoulder pot roast, trimmed of fat
4 dashes salt & pepper
2 tsp thyme, dried
2 cloves garlic, minced
600g carrots, peeled and cut
900g sweet potatoes or potatoes, peeled and cut

Directions:

1. Place the pot roast in your slow cooker and sprinkle with salt, pepper, & thyme.
2. Add carrots and potatoes around the roast.
3. Cook on low for about 8 hours, or on high for about 5 hours. Serve & Enjoy!

Slow Cooker Chicken Lettuce Wraps

Serves 6

Ingredients:

500g chicken mince
3 cloves minced garlic
1 red capsicum, diced
1 yellow capsicum, diced
1 red onion, diced
1 can sliced chestnuts, rinsed and sliced
3 shallots
Dash of salt and pepper
½ cup vegetable stock
1 tbs sweet paprika
2 tbs tamari sauce
1 tbs apple cider vinegar
2 cups cooked rice of choice.
2 Cos lettuce (enough to make approx. 12 wraps/cups)

Directions:

1. Brown the chicken, onion and garlic in a frypan then add to slow cooker.
2. Add capsicums, stock, paprika, salt, pepper, and cook on low for 3 hours.
3. Add remaining ingredients (excluding lettuce) and cook for another 15 minutes.
4. Break up lettuce cups and scoop mixture into lettuce leaves. Serve and enjoy.

Chicken, Broccoli, Beetroot and Avocado Salad

Serves 4

Ingredients:

250g broccoli, minimal stems
1 tbs coconut oil
3 Skinless Chicken breasts
1 red onion
100g green leaves of choice (I love baby spinach)
2 raw beetroots, grated
1 avocado, sliced
1 small bunch fresh basil
1 lemon, juice only.

Directions:

1. Heat coconut oil in frypan and fry broccoli until lightly charred, set aside.
2. Add chicken to frypan and cook until cooked through. Set aside to cool and chop to desired size
3. Combine all ingredients. Serve and enjoy!



One Pan Sausage and Veggie Dinner

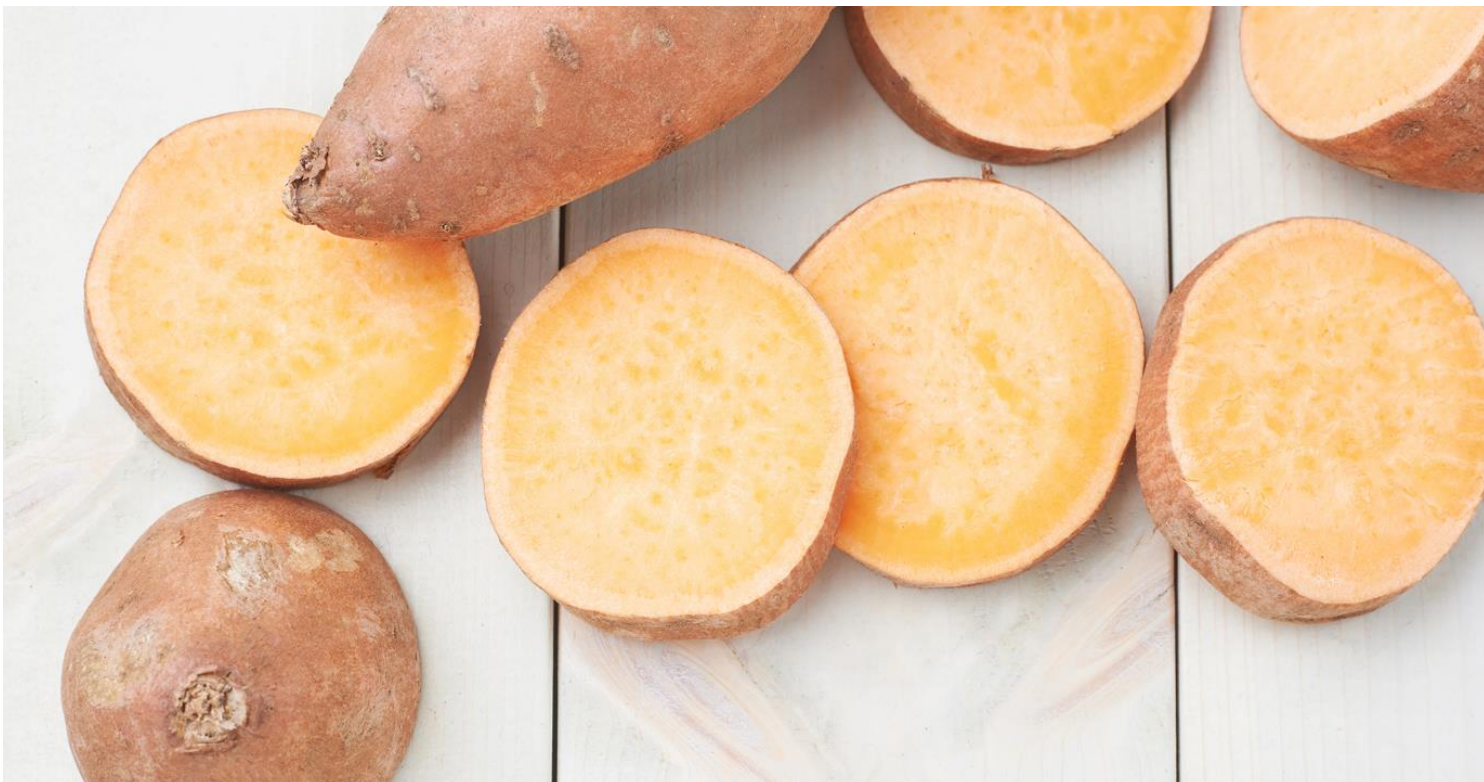
Serves 4

Ingredients:

2 cups sweet potato
400g green beans
1 cup broccoli, stem removed
1 red capsicum, diced
1 yellow capsicum, diced
250g good quality butcher sausages of choice
5 tbs coconut oil
½ teaspoon chili powder
1 teaspoon paprika
½ teaspoon onion powder
1 tbs dried oregano
1 tbs dried basil
Dash of salt and pepper.
2 cups cooked couscous to serve on the side.

Directions:

1. Preheat oven to 200 degrees Celsius
2. Chop up all the veggies and sausages (the smaller the quicker they cook)
3. Line a large baking tray with baking paper and add all the ingredients to the tray (excl. couscous), combining well.
4. Bake for 15 minutes, then flip and mix and bake for another 10 minutes, or until cooked.
5. Serve with couscous and enjoy.



Lentil and Veggie Dinner Omelet

Serves 1

Ingredients:

$\frac{3}{4}$ cup grated zucchini, squeezed with excess juice removed
1 cup baby spinach
 $\frac{1}{2}$ cup cherry tomatoes
2 eggs
2 tbs milk of choice
 $\frac{1}{2}$ cup cooked lentils of choice
Dash of salt and pepper
 $\frac{1}{4}$ teaspoon dried sage

Directions:

1. Whisk eggs in a large bowl and then combine all ingredients and mix well.
2. Heat up your frying pan to Med-High and then add mixture. Reducing the heat to medium and cover.
3. Once the egg is set transfer the omelette to your plate. Enjoy!



Quinoa Burrito Bowl

Serves 4

Ingredients:

2 cups cooked quinoa
1 can black beans
1 cup red capsicum, diced
1 cup zucchini, diced
1 cup frozen corn
½ cup red onion, diced
1 avocado, sliced
1 tbs coconut oil
1 lime
1 small bunch coriander
¾ teaspoon chili powder
Dash of salt and pepper

Directions:

1. Heat coconut oil in a frypan. Add capsicum, zucchini, onion, corn, chili powder and black beans and cook for 5 minutes or until charred.
2. Divide cooked quinoa into four bowls. Divide cooked mixture into the four bowls, squeeze lime juice over bowls, add coriander and avocado.
3. Serve and enjoy!



Steak Fajita Bowl

Serves 4

Ingredients:

500g stir fry steak
2 capsicum, sliced (colour of choice)
1 red onion, diced tickly
1 lime, juice only
1 tin organic black beans
1 cup frozen corn
1 avocado, sliced
2tbs coconut oil
½ teaspoon chili powder
½ teaspoon cumin
2 cups cooked rice of choice
Small bunch coriander, for topping
Greek yoghurt, for topping

Directions:

1. Heat coconut oil in frypan and add capsicum and onion, cook until capsicum is tender.
2. Remove capsicum and onion from pan and set aside.
3. Add steak to the pan, adding the lime juice, chili and cumin powders, cook to desired cook through preference.
4. Warm black beans and corn in the microwave.
5. Construct the bowls, separating the rice, steak, capsicum and onion mixture evenly between four bowls. Add black beans, corn, avocado and top with Greek yoghurt and coriander. Serve and enjoy.



Grilled Chicken with Quinoa and Cucumber Salad

Serves 4-6

Ingredients:

- 2 chicken breasts, skin removed, sliced
- 2 cups cucumber, diced
- 2 cups tomato, diced
- 2 avocados, diced
- 1 red onion, diced
- 2 cups cooked quinoa
- 1 small handful of fresh basil
- 1 lime, juice only
- ¼ cup apple cider vinegar

Directions:

1. Soak chicken in the apple cider vinegar and lime juice, while a pan/grill is heating up.
2. Cook chicken, adding remaining apple cider vinegar and lime juice to the pan as it cooks.
3. In a large bowl combine remaining ingredients
4. Plate up salad and top with cooked chicken. Serve and enjoy!



Vego Fried Rice

Serves 4 – 6

Ingredients:

4 cups cooked rice of choice
2 tbs coconut oil
150g mushroom, sliced
300g baby spinach leaves
2 cups frozen corn, pea and carrot mix
3 eggs, beaten
4 tbs Tamari Sauce
2 cloves garlic, crushed

Directions:

1. Heat coconut oil in large frypan. Add garlic and all veggies and sauté for about 5 minutes.
2. Add rice, eggs and Tamari sauce. Mix through and heat for another 5 minutes or until the eggs are all cooked. Serve and Enjoy.



Crustless Veggie Quiche

Serve 4

Ingredients:

4 eggs
1 cup milk of choice
2 small head OR 1 large head of broccoli, large stems removed
1 yellow capsicum
1 red onion, diced
1 zucchini, sliced
1 cup feta, crumbled
Salad leaves of choice to serve with

This is a
great one
for breakfast
also!

Directions:

1. Preheat oven to 220 degrees Celsius
2. Spray a 22cm round baking dish/pie dish with coconut oil spray, or spray of choice
3. Evenly spread capsicum, broccoli, onion, zucchini and feta over the base of the dish.
4. Whisk milk and eggs together and pour over ingredients in the dish.
5. If you like sprinkle some grated cheese over the top.
6. Bake for 40-45 minutes or until cooked.
7. Serve with salad leaves and enjoy!



Chicken Satay Salad

Serves 4

Ingredients:

3 chicken breasts, skins removed, sliced
1 iceberg lettuce, shredded
2 cups cucumber, diced
1 red onion, diced
100g cherry tomatoes
2 tbs tamari sauce
½ teaspoon cumin powder
2 garlic cloves, crushed
3 tbs crunchie peanut butter
1 lime, juice only
2 tbs honey
1 tbs coconut oil
1 small bunch coriander

Directions :

1. In a large bowl combine tamari, cumin, garlic and honey and mix well. Add the chicken and coat well. Set aside to season.
2. Mix peanut butter, lime juice and 2 tbs water together to make a sauce like consistency.
3. Heat up coconut oil in a frypan and cook chicken for about 5-6 minutes or until cooked but still moist.
4. Rest the chicken and plate up the salad. Add chicken to plate and drizzle peanut butter sauce over the meal. Serve and Enjoy!

