



Bevshealthyfood  
Nutrition, Health and Wellness Coach

# Christmas Menu



Let me help you get your Christmas menu sorted with what I am serving this year!

Wishing you a HAPPY and HEALTHY Christmas

And

May the New Year be a New Beginning, a New Chapter and a New Start for Living a Be Well Lifestyle.

**Bev xx**



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## Menu

### **Drink:**

Berry Christmas Smoothie

### **Main:**

Sticky Orange Glazed Roast Chicken Turkey  
Rolled Roast Pork  
Leg of Ham

### **Side:**

Roasted Sweet Potatoes  
Sautéed Sliced Brussels sprouts with Green Beans  
Saladslaw

### **Dessert:**

Pavlova Stack  
Homemade Coconut & Mango Ice Cream

### **Snacks:**

Trail Mix  
Mint Slice

# Shopping List:

## Fruit & Vegetables

3 apples  
125g blueberries  
2 lemons  
500g strawberries  
2 kiwi fruit  
1 mango  
2 oranges  
250g cherries  
bunch fresh mint  
small bunch fresh rosemary  
500g Brussel sprouts  
500g green beans  
1 red onion  
2 carrots  
1 whole & 1 half cauliflower  
3 celery sticks  
2 small cucumbers (I use Lebanese cucumbers)  
6 cloves garlic  
60g ginger  
1/2 green cabbage  
1/2 red cabbage  
160g mixed salad greens (kale, rocket (arugula), coral lettuce etc)  
1 small red chillies – hot  
2 large green chillies  
4 shallots/spring onions (green onions)  
40g spinach  
2-3 large sweet potatoes

## Proteins

4kg half leg ham  
1.5 – 2kg loin of pork (boneless)  
2kg whole turkey  
8 eggs  
1 T vanilla protein powder  
1 tsp maca powder

## Pantry Items

75ml apple cider vinegar  
3 T arrowroot flour  
1 tsp Bi-carbonate soda (baking soda)  
1 cup cacao powder (**3/4 cup for mint slice chocolate topping**)  
1/4 cup cacao nibs  
100ml coconut amino sauce  
3/4 cup coconut butter  
2 x 400ml cans coconut cream  
1 1/2 cups coconut oil (**1 cup for mint slice chocolate topping**)

500ml coconut water  
1 tsp cream of tartar  
1 1/4 cup desiccated coconut  
1 gelatine leaf or 2 tsp powdered gelatine  
80ml gluten free soy sauce or tamari  
2 T mayonnaise (preferably whole egg)  
4 T olive oil  
1/2 tsp peppermint oil  
635ml rice malt syrup (**60ml for mint slice chocolate topping**)  
1 T sesame oil  
1 tsp vanilla bean paste  
2 tsp vanilla extract (**1 tsp for mint slice chocolate topping**)  
1/2 tsp cayenne pepper  
2 T Chinese five spice  
1 tsp cinnamon + 1 cinnamon stick  
1 tsp cumin  
1 tsp ground black pepper  
2 tsp Himalayan pink salt  
1 T nutmeg  
2 star anise  
1/2 tsp sweet paprika

***P.S – To make method 2 for the Mint Slice Chocolate you will need to get***

2 x 100g block of 90% dark chocolate (I prefer Lindt)  
1 T coconut oil  
1 tsp vanilla extract  
and decrease the other ingredients listed above.

**Nuts, Seeds & Grains**

1/2 cup almonds  
1/4 cup goji berries  
1 cup pecans  
1/4 cup pepitas (pumpkin seeds)  
1/4 cup pine nuts  
1 1/2 cup walnuts

# Food Preparation

Preparation time depends on your own ability to cook. As two or more dishes are often prepared together. It is good to have a work schedule planned for each day. With this plan you can include other members of the family (if you like) to be given a particular task for each meal planned.

Christmas Day is Friday this year so food prep will mostly be the day before, however you can adjust to suit your timetable.

The aim of the Prep is to cut down the amount of time you have to spend prepping food on Christmas Day. Check your meal plan ahead of schedule so that you are aware of what is needed for your Prep. Yes, you will need to set aside a couple of hours, but the amount of time you save you get to spend with your family and this is priceless. **AND**

**Make sure you do your shopping before so you have all the ingredients you need in advance.**

*My Prep for Christmas goes a little something like this: -*

## **Suggested Food Preparation Sequence**

***Twas the night before Christmas*** when all is supposed to be quiet! OH! Not here, we are busy little elves preparing for Christmas lunch and listening to my favourite Christmas songs sung by **Michael Bublé**

Pre heat oven 150°C/300°F/Gas Mark 2.

1. Make the marinade for the Turkey and follow the procedure.
2. Make the Pavlova
3. Prep the Sweet Potatoes ready to roast cover and refrigerate
4. Prep the Brussel sprouts, shallots and green beans cover and refrigerate
5. Prep the vegetables for the saladslaw, keep dressing separate to coat on Christmas Day. Cover and refrigerate
6. Make Mint Slice
7. Measure and mix Trail Mix and store in an airtight container.
8. Prep your Green Smoothie ready for the morning – In a resealable bag place 1/2-cup blueberries, 1/2-cup mint leaves, 8 strawberries, 1 lemon, 1 apple  
Thumb size piece of ginger, 1/2 cucumber, 1/2 stick celery and handful of spinach.

Leave out the spices and protein powders and add them on the day you make it. Seal the bags and put into the refrigerator and take out in the morning. (makes 2 glasses)

## ***Christmas Day - Merry Christmas!!***

If you are making Christmas lunch then you will need to work out what time you want to serve and check the cooking times needed. I would be allowing at least 2 hours cooking time.

1. Get turkey and pork into the oven and cook according to recipe
2. Once meat is in the oven for 30 mins add the prepared sweet potato
3. Dress the Pavlova and put in the refrigerator until needed
4. Slice the ham off the bone and place on a serving tray and put in the refrigerator until ready
5. Dress up your table ready for service
6. 15 mins before serving cook the Brussel sprouts, shallots and green beans following procedure
7. 30 mins before serving cover saladslaw with dressing

Once your meal is ready and served, kick back and enjoy with your family and friends.

Have a wonderful day!

# Berry Christmas Smoothie

(serves 2)

## Ingredients:

1/2 cup blueberries  
1/2 cup mint leaves  
8 strawberries  
1 lemon  
1 apple  
Thumb size piece of ginger (30g)  
1/2 cucumber  
1/2 stick celery  
Handful of spinach  
2 cups coconut water  
1 T vanilla protein powder  
1 tsp maca powder  
1 tsp cinnamon

## Method:

Put all ingredients into a blender and blend until smooth!





# Sticky Orange Glazed Roast ~~Chicken~~ Turkey

*prepare turkey the night before or first thing in the morning!*

## **Ingredients:**

6 cloves garlic  
Thumb size piece fresh ginger  
2 large green chilli  
1 small hot red chilli  
5 T coconut Aminos sauce  
4 T gluten free soy sauce  
2 T Chinese five spice - (1 T Sichuan peppercorn, 1 T star anise, 2 tsp fennel seeds, 2 tsp cinnamon stick, 1 tsp cloves - grind all together to form a powder or use store bought gluten free)  
1 T sesame oil  
1/2 tsp pink Himalayan salt  
1/2 tsp ground black pepper  
1 large (2kg) fresh turkey (preferably organic)  
1 small bunch fresh rosemary  
1 T nutmeg  
1 cinnamon stick  
2 star anise  
2 large oranges  
4 T rice malt syrup

## **Method:**

1. Peel garlic, ginger, red chilli and 1 green chilli, then blend in a blender/food processor with coconut Aminos sauce, gluten free soy sauce, Chinese five spice, sesame oil and 1/2 tsp pink Himalayan salt and ground black pepper blend until combined.
2. Place the turkey into a large bowl and cover with marinate. Sprinkle with nutmeg and rub into the turkey with the marinade. Scatter the rosemary leaves. Cover with foil and put in fridge for the day until ready to cook or ideally overnight.
3. When ready to cook preheat oven 180°C/350°F/Gas Mark 4 and take turkey out of the fridge and place in roasting dish on a sheet of foil (to wrap up). Pour all the remaining marinade over the turkey. (Make sure that you ensure the foil is seal proof to keep the juices in) Halve the remaining green chilli and place on top of turkey along with the cinnamon stick and star anise. Halve 1 orange and place 1 half inside the turkey and place the other half on the foil next to the turkey. Wrap up and put into the oven to roast for 1 1/2 hours and then remove foil.
4. Drizzle over rice malt syrup and squeeze the juice and pulp from the roasted orange (I used tongs to help squeeze out the orange pulp as it is very hot), leave the half inside turkey for later.
5. Sprinkle the orange zest from the remaining orange and squeeze over the juice.
6. Baste the turkey and return to the oven uncovered for a further 15-20 mins. Folding down the sides of the foil to keep the juices in. Baste every 5-10 mins to keep the turkey

moist.

7. Once cooked transfer to a board to rest for 15 mins.

8. Carefully remove the foil from the pan retaining the juices in the pan. Take out the orange half inside the turkey and squeeze into the pan with the juices. Place pan over medium to high heat and reduce liquid down for about 10 mins until thick and sticky. Pour into a serving jug ready to pour over served turkey.

I served with roasted sweet potato and sautéed sliced Brussel sprouts with green beans.



***P.S. You can use a chicken if you don't like turkey!***

# Roast Rolled Pork

## Ingredients:

2kg free-range pork belly, skin on  
1/2 T ground sea salt  
1/2 tsp paprika  
2 T olive oil

## Method:

Preheat the oven to 220°C / 425°F / Gas Mark 7. Score the pork skin about 1cm deep all over with a sharp knife. Drizzle the pork skin with 1 tablespoon of oil and rub over the salt and paprika, covering the skin evenly.

Place the pork on a rack set in a roasting pan or tray and roast the pork for 40 minutes or until the roast starts to crackle. Reduce the heat to 180°C / 350°F / Gas 4 and cook for a further 1 1/2 - 2 hours, or until cooked through and the pork juices run clear when inserting skewer into the thickest part of the pork. Baste the pork occasionally with the juices from the pan. Once the pork has cooked, allow to rest for 15 minutes before carving.



## Leg Ham

I buy a half leg usually around 2-4 kg, as this is plenty for our family!! And slice it fresh on Christmas Day!



## Roasted Sweet Potato

### Ingredients:

2 large sweet potatoes  
2 T coconut oil  
ground sea salt and ground black pepper  
1 tsp cumin

### Method:

Preheat oven to 180°C / 350°F / Gas Mark 4

Wash and peel the sweet potatoes. Cut into medium size pieces. Place the cut sweet potatoes and coconut oil in a baking dish lined with baking paper, and toss to coat.

Sprinkle with cumin and season with salt and pepper.

Bake in preheated oven for 40 minutes or until soft. Turn after 20 mins. If you want a more caramelised texture, turn up the heat to 200°C / 400°F / Gas Mark 6 for a further 20 mins, this applies to any roast vegetable.

## Sautéed Sliced Brussels sprouts with Green Beans

### Ingredients:

500g green beans, trimmed  
500g Brussel sprouts  
2 T coconut oil  
4 spring onions  
Juice 1/2 lemon  
1/4 cup sunflower seeds, toasted

### Method:

Blanch the beans in boiling water for 2 mins until tender. Then put beans into cold water to stop the cooking process. We want them to be crunchy! Thinly slice the Brussel sprouts.

Melt the coconut oil in a large deep frying pan add the Brussel sprouts and beans stir over heat for 3 – 4 minutes, I like a little bit of colour on my greens, not burnt though. Add the lemon juice and season with salt and pepper. Top with spring onions and sunflower seeds.

# Saladslaw

## **Ingredients:**

- 2 big handfuls of mixed salad greens
- 1/2 white cabbage finely sliced
- 1/2 red cabbage finely sliced
- 1 red onion, peeled and finely sliced
- 2 stalks of celery finely sliced
- 2 apples very finely sliced
- 1 Lebanese cucumber coarsely grated
- 2 carrots grated
- salt and pepper to taste

## **Dressing:**

- 1/4 cup apple cider vinegar
- 2 T olive oil
- 1/2 tsp cayenne pepper
- 2 T homemade whole egg mayonnaise (gluten free)

## **Method:**

Finely slice the vegetables and apples or use a food processor or grater. Put them in a large bowl with the mixed salad greens and season with salt and pepper.

Mix the apple cider vinegar, olive oil, cayenne pepper and mayonnaise in a small container and add to the saladslaw when ready to serve. Taste it to see it has enough seasoning and adjust to taste.

## Pavlova Stack



### Ingredients:

- 6 eggs - whites only
- 1 tsp cream of tartar
- 330g rice malt syrup
- 3 T arrowroot flour or cornflour (gluten free)
- 3 tsp apple cider vinegar
- 1 tsp vanilla extract
- 400g fresh strawberries & cherries sliced
- 2 kiwi fruit sliced
- 400ml can coconut cream (whipped)

**Method:**

Preheat oven to 120°C / 250°F / Gas Mark 1/2. Line two oven trays with foil. Brush with melted coconut oil and dust with arrowroot flour or cornflour, shaking off excess. Mark a 30cm x 15cm rectangle on foil.

**Tip**

(Before whisking egg whites, wipe bowl and beaters with some apple cider vinegar, this helps to remove any residue on the equipment and helps to improve the texture of the egg whites.)

Use an electric mixer to whisk egg whites in a clean bowl, then add cream of tartar and continue until soft peaks form. Gradually add rice malt syrup, 1 tablespoon at a time, beating well after each addition, until meringue is thick and glossy and syrup is dissolved. Add arrowroot flour or cornflour, vinegar and vanilla and whisk until just combined.

Spoon meringue onto the foil, using the marked rectangle as a guide. Smooth sides and top of Pavlova. Use a small spatula to form little peaks around edge of Pavlova. Turn the oven to 100°C / 210°F / Gas Mark 1/4 and bake for 1&1/2 hours or until Pavlova is dry to the touch. Turn off oven. Leave Pavlova in oven to cool completely. When completely cold, transfer to serving plate or store in an airtight container until required.

Spoon cream onto top of one Pavlova rectangle and decorate with berries and kiwi fruit. Place the other rectangle on top and repeat!!

***P.S. If you prefer, you can make round Pavlova by tracing around a medium sized bread plate.***



## Homemade Coconut & Mango Ice Cream



### **Ingredients:**

- 400ml can coconut milk
- 2 eggs
- 1/2-cup rice malt syrup
- pinch ground sea salt
- 1-gelatine leaf gluten free (2 tsp powdered gelatine)
- 1 tsp vanilla bean extract
- 1 mango pulp

**Method:**

Cover gelatine leaf with water in a bowl and soften (if using)

Warm the coconut milk in a saucepan over medium heat for 6-7 mins, being careful not to let it boil. Add the eggs, rice malt syrup, vanilla, mango and salt to a blender and blend on medium for 5 mins. Slowly pour warm coconut milk into the egg mixture and continue to blend for 2 mins. Pour the entire mixture back into the saucepan and continue cooking over medium heat 4-6 mins continuously stirring. You don't want this mixture to boil and it should be thick enough to coat the back of a spoon. Squeeze the excess water off the gelatine leaf if using and if using powder add to the mixture and cook until dissolved about 1 min. Pour into a jug and put into the fridge for 1 hour to cool. Once the mixture is cool pour into an airtight container and put in the freezer for 2- 4 hours. You can also put this mixture through an ice-cream machine. It also makes great ice blocks for the kids.

## Trail Mix

### Ingredients:

1/2 cup almonds  
1/2 cup walnuts  
1/4 cup goji berries  
1/4 cup pepitas  
1/4 cup cacao nibs

### Method:

Mix together and store in an airtight container.



## Mint Slice



### **Base Ingredients:**

1 cup pecans  
1 cup walnuts  
1 cup desiccated  
1 tsp bicarbonate of soda  
1/4 tsp sea salt  
3 T rice malt syrup  
1 T cacao powder

### **Method:**

Preheat oven at 170°C / 325°F / Gas Mark 3.

To make the crust, place the pecans, walnuts, coconut, bi- carb soda, cacao and salt in your food processor and mix to a fine consistency. Add the rice malt syrup and allow the mixture to form a dough. Remove from the mixer and spread evenly into slice/biscuit/cookie tray (34cm). Bake for 10 minutes, and then remove to cool while you make the filling.

**Mint Filling Ingredients:**

3/4 cup melted coconut butter  
1/4 cup desiccated coconut  
2 T coconut oil (melted)  
1/2 tsp pure peppermint extract

**Method:**

Mix together the melted coconut butter, desiccated coconut, 2 T coconut oil, and peppermint extract. Pour the mixture over the slice/biscuit/cookie base. Put into the fridge and allow to harden, about 15 minutes.

**Chocolate Topping Ingredients:****Method 1:**

1 cup coconut oil  
3/4 cup cacao powder  
1 tsp vanilla extract  
1/4 cup rice malt syrup

Make the chocolate in a double boiler, or create a water bath using a heat safe bowl and a pot of boiling water.

Whisk the cacao powder, coconut oil, rice malt syrup and vanilla until well combined. Pour over slice and return to fridge until set. Then cut into bite size pieces.

**Method 2:**

2 x 100g block of 90% dark chocolate ( I prefer Lindt)  
1 T coconut oil  
1 tsp vanilla extract

Melt the chocolate in a double boiler, or create a water bath using a heat safe bowl and a pot of boiling water. Once chocolate starts to melt add the vanilla and coconut oil. Mix well and pour over slice and return to the fridge until set. Cut into bite size pieces.



## Disclaimer

The author is not a nutritionist, dietician or doctor. This plan is for your general information and not intended to be used as medical advice.

The author is not responsible in any manner whatsoever for any adverse effects arising directly or indirectly as a result of the information in this publication.

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