

EDWINA
JENNER
health coach

A SIMPLE GUIDE TO CREATING HEALTHY BALANCED FAMILY DINNERS

FOR PERI-POST MENOPAUSAL WOMEN



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Hello, and welcome. I'm so glad to share a few recipes showing you easy ways to create balanced meals at dinner that keep the family happy but won't derail your health and well-being needs.

As we transition into menopause, it can be harder to shift weight due to daily stress, an ageing body, and the hormonal shifts we experience. Tweaking meals with foods that work for your body is the key to making sustainable changes that don't feel overwhelming.



ABOUT ME

I am a qualified ICF coach, Personal Trainer and 3rd Age Menopause Transition Coach. I created my business to help women understand how to look after their well-being through the middle years and beyond.

I believe food is there to be enjoyed and to nourish; I also understand our bodies are changing, and we need to adapt what we eat to ensure we get the best out of the years ahead.

Your friend and coach

Ed xx



tomato, lentil and kale stew

SERVINGS: 6

PREP AND COOKING TIME: APPROX 1 HOUR

INGREDIENTS

2 tbsp olive oil
1 x medium onion, roughly chopped
2 x carrots, roughly chopped
1 x celery stick, roughly chopped
4-5 x garlic cloves finely chopped
2 tsp dried organic thyme
½ tsp organic chilli powder (optional)
2 x 400g cans of tinned tomatoes
200g green lentils, rinsed
100g quinoa rinsed
100g kale, coarse stalks removed
1/2 lemon- juice to taste
250g Natural Yogurt or Kefir

DIRECTIONS

In a large saucepan over medium heat, add the oil. Add onion and a pinch of salt. Cook for 5 minutes until golden and tender. Add the carrots and celery - cook for 5 minutes. Stir in garlic, thyme, chilli powder (if using). Add plenty of black pepper and cook for 2 minutes. Add tomatoes, breaking them up with a spoon. Rinse out the cans with 1L boiling water and add that to the pan, along with the lentils and quinoa. Bring to a boil, then reduce the heat. Cover, and simmer for 30-40 minutes, stirring occasionally, until the lentils and quinoa are tender. Stir in the kale for the last two minutes until wilted. Season and add lemon juice to taste.

Serve with a dollop of kefir and black pepper.



Curried squash soup

SERVES 4

PREP AND COOKING TIME TIME: 40 MIN

INGREDIENTS

1 x butternut squash diced
1 x red onion
2 x garlic cloves
1 x red chilli
Small bunch of coriander chopped
½ tsp cumin seeds
1 litre veggie stock
1 tbsp curry powder
2 tbsp organic nut butter

DIRECTIONS

Fry the garlic, coriander leaves, cumin seeds and chilli in coconut oil for 30 seconds.

Add the butternut squash and onion for 2 minutes until covered in spice.

Cover the mixture with curry powder, stock and add nut butter, then simmer for 30 minutes.

Let the soup cool, then blend until smooth. Season with sea salt & pepper

Add a swirl of kefir and nuts and seeds

Serve with dark rye toast topped with avocado

Superfood salmon salad



SERVINGS: 2

PREP AND COOKING TIME 25 MINS

INGREDIENTS

DIRECTIONS

2 x cooked salmon fillets - no skin
1 tbsp soy sauce
2 tsp toasted sesame oil
5cm piece ginger grated
2 limes, juice of 1, 1 cut into wedges
1 tbsp rapeseed oil
100g soba noodles
100g frozen edamame beans
50g baby spinach
1 tbsp sesame seeds, toasted
1 red chilli, deseeded and chopped
Lime wedges, to serve

Cook the noodles for 5 minutes in a pan of simmering water
Adding the edamame for the last 2-3 minutes.
Drain and plunge into cold water to stop cooking,
Drain again thoroughly.
Place in a serving bowl and toss with the remaining oil and lime juice.

Flake the salmon and add to the salad
Add the spinach, sesame seeds and chilli
Toss together
Serve with the lime wedges to squeeze over.

You will find edamame beans in the frozen food section. - Make sure you choose the ones that already podded. They are a fabulous high protein snack too.

Turkey mince shepherds pie



SERVINGS: 4

PREP AND COOKING TIME APPROX 1HR -30MINS

INGREDIENTS

500g Turkey Mince
5 x sweet potatoes diced
1 x onion diced
1 x small leek, chopped
2 x garlic cloves
2 x carrots, finely chopped
2 x celery sticks, chopped
2 x courgettes, chopped
1 tbsp tomato puree
1 tbsp Worcester sauce
400ml chicken or veg stock
1 tsp mixed herbs

Serve with green vegetables

DIRECTIONS

Heat the oven to 180C

Add a splash of oil and fry the garlic, onions and leeks on medium heat for about 5 mins until softened.

Add the turkey mince, break it up with a fork and continue to cook until the meat has browned.

Add the remaining ingredients.

Bring to a boil, then allow to simmer for approx 40 mins until the vegetables are soft and the stock has almost evaporated.

Meanwhile, pop the sweet potato in a pot of boiling, salted water and leave on a low simmer until soft, about 25 mins.

Once cooked, drain, mash with a bit of salt and butter and set aside.

When the turkey mixture has cooked, top with the sweet potato mash (sprinkle with parmesan if desired) and pop in the oven for approx 20 mins.

Serve with steamed green vegetables

Crab courgetti spaghetti



SERVINGS: 2

PREP TIME AND COOKING TIME APPROX 25 MINS

INGREDIENTS

2 tbsp of olive oil
40g of wholewheat spaghetti
1 garlic clove - finely chopped
10 cherry tomatoes - halved
6 x anchovy fillets - drained and finely chopped
2 x tbsp cider vinegar
1 x 145g can of white crabmeat - drained or fresh white crabmeat
Small bunch of parsley - leaves and stalks finely chopped
1 x packet of courgette spaghetti or 1 x large courgette - spiralized
Pinch of chilli flakes - optional

DIRECTIONS

Cook pasta according to instructions

Five minutes before the pasta is finished cooking, heat the olive oil in a large frying pan over medium heat.

Add the garlic, anchovies and tomatoes and cook for 30 seconds

Stir constantly to break up the anchovies

Add the vinegar and simmer for 1 minute

Stir in crab meat and parsley

Cook together for 1-2 minutes

To cook the courghetti, add to the saucepan with the pasta for the final 20 seconds of cooking time. Immediately drain in the colander

Tip the spaghetti and courgett into the pan with the crab - season with black pepper and chilli flakes if using. Toss together for 1 minute before serving.

Miso glazed chicken



SERVINGS: 2

PREP TIME : 30 MINS - COOKING TIME - 20 MINS

INGREDIENTS

4 x boneless skinless chicken thighs

2 x tbsp white miso

1 x tbsp sesame oil

1 x tbsp soy sauce

1 x tbsp rice vinegar

1 x tbsp maple syrup

2 x tbsp hot water

Garnish

1 spring onion finely chopped

1 x tsp toasted sesame seeds

Green vegetables such as broccoli, beans, bok-choy

DIRECTIONS

Preheat the oven to 180C

Use a medium-size mixing bowl to add miso paste, sesame oil, soy sauce, rice vinegar, maple syrup, and hot water. Mix all the ingredients until they are well combined.

Place the chicken in the marinade and turn and coat. Place in the fridge for 30 mins.

Place baking paper on a tray lay the chicken down, and bake until golden brown for 20 mins.

Remove from oven and serve on a bed of brown rice with some steamed greens of your choice.



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