

J S H E A L T H

BY JESSICA SEPEL



A wellness menu designed by expert nutritionist, Jessica Sepel to help you increase energy, reduce sugar cravings, cleanse your body and support a healthy weight.



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starters

brussel sprouts, caramelized onion and pomegranate salad

brussel sprouts are incredibly nutritious - high in Vitamin C, fiber and they contain detoxifying enzymes important for cleansing the body. Pomegranates are high in antioxidants which helps to reduce signs of ageing and great for skin glow!

cauliflower and brazil nut soup

Cauliflower contains enzymes that detoxify the liver and the Brazil nuts are high in selenium which supports your metabolism and energy. What a combo!

mains

tuna pasta bake with eggplant bruschetta

A great alternative to traditional pasta bake – you won't even know the difference! This dish uses zucchini pasta as a base instead of traditional wheat pasta which supports good digestion.

harissa chicken, cumin spiced lentils and sautéed garlic kale

Chicken is an amazing source of protein which is essential for blood sugar control (goodbye sugar cravings!) and also contains iron which supports good energy. Lentils are a great vegetarian protein that is high in fiber which is great for good digestion. Kale is a nutrition powerhouse that contains an array of vitamins and minerals that will give you all the energy and vibrancy you need to feel good on vacation!

dessert

salted chocolate tarts with almond coconut nice-cream

A vegan, sugar free and gluten free dessert that just hits the spot!



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chop salad

A cleansing salad! This chop salad is full of detoxifying enzymes and nutrients that support a healthy liver which is important for energy, weight balance and hormonal health.

green detox soup

This soup proves the powerful healing nature of food. This soup is loaded with enzymes and nutrients that will really assist with the detoxification of the liver and will boost the immune system – great to have if you are feeling run down!

mains

japanese style salmon and cauliflower rice

Salmon is high in good fats which is essential for skin health, hormonal health and longevity. This is a grain free and gluten free meal – which supports good digestion.

chicken and ginger stir fry with sesame and roasted fennel

Chicken is an amazing source of protein which is essential for blood sugar control (goodbye sugar cravings!) and also contains iron which supports good energy. Roasted fennel is a fabulous vegetable that contains gut healing properties.

desserts

lemon curd tart with berry ice

A vegan, sugar free and gluten free dessert that just hits the spot!



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starters

tomato and red bell pepper soup

Tomatoes and peppers are a rich source of Vitamin C and Antioxidants - both assists with preventing premature skin ageing and also supports a healthy immune system.

reef fish and quinoa fish cakes served with baby fennel and rocket

This dish is amazing for good gut health. Quinoa is an amazing gluten free grain that is nutritious and high in fibre which supports good gut health. Fennel is an amazing digestive calmative.

mains

steamed lemongrass and ginger reef fish served with sweet potato salad

This fish is full of healthy oils for good skin health and hormonal balance. It is also grain free, supporting good gut health. The sweet potato is high in Betacarotene - an antioxidant that that fights off free radicals in the body, helping to reduce signs of ageing. Also supports the immune system. The ginger and lemongrass are is great for digestion.

chili and rosemary steak served with almond and herb stuffed mushrooms

A meal that is rich in iron to boost energy levels. The almond and herb stuffed mushrooms are full of nutritious ingredients to boost energy levels.

desserts

chocolate skin glow mousse served with tiramisu nice-cream

A vegan dessert that is dairy free, refined sugar free and gluten free filled with nutrients that will feed your skin for the glow factor!



JSHEALTH

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About Jessica Sepel

Jessica Sepel (BHLth, Adv Dip Nutritional Medicine) is a clinical nutritionist, bestselling health author and international health blogger. She is the beloved voice behind the 'JSHealth' brand and one of Australia's most sought after health and wellness advocates, encouraging a balanced lifestyle filled with delicious and nourishing wholefoods and recipes.

She believes we need to give up 'diets' in order to live a healthy life and advocates balance and moderation with food, mindfulness at meals and healthy body image. Jess is the author of two best-selling books, where she shares her health philosophy and favourite recipes, and the creator of the JSHealth Program, an 8-week online plan to quit diets forever, find a balanced weight and live the healthy life.

Jess has built a vibrant and loyal social media community on Instagram, Facebook and YouTube and maintains her blog where she updates the JSHealth community with her own health journey and everything she is learning along the way.

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