



LISA M JEAN-PIERRE, LLC

MENU PLANNING

W O R K B O O K

Make the meals your family loves to eat.
Healthier, nutritious and cruelty-free.

LISAMARIEJEANPIERRE.COM

BY LISA MARIE JEAN-PIERRE

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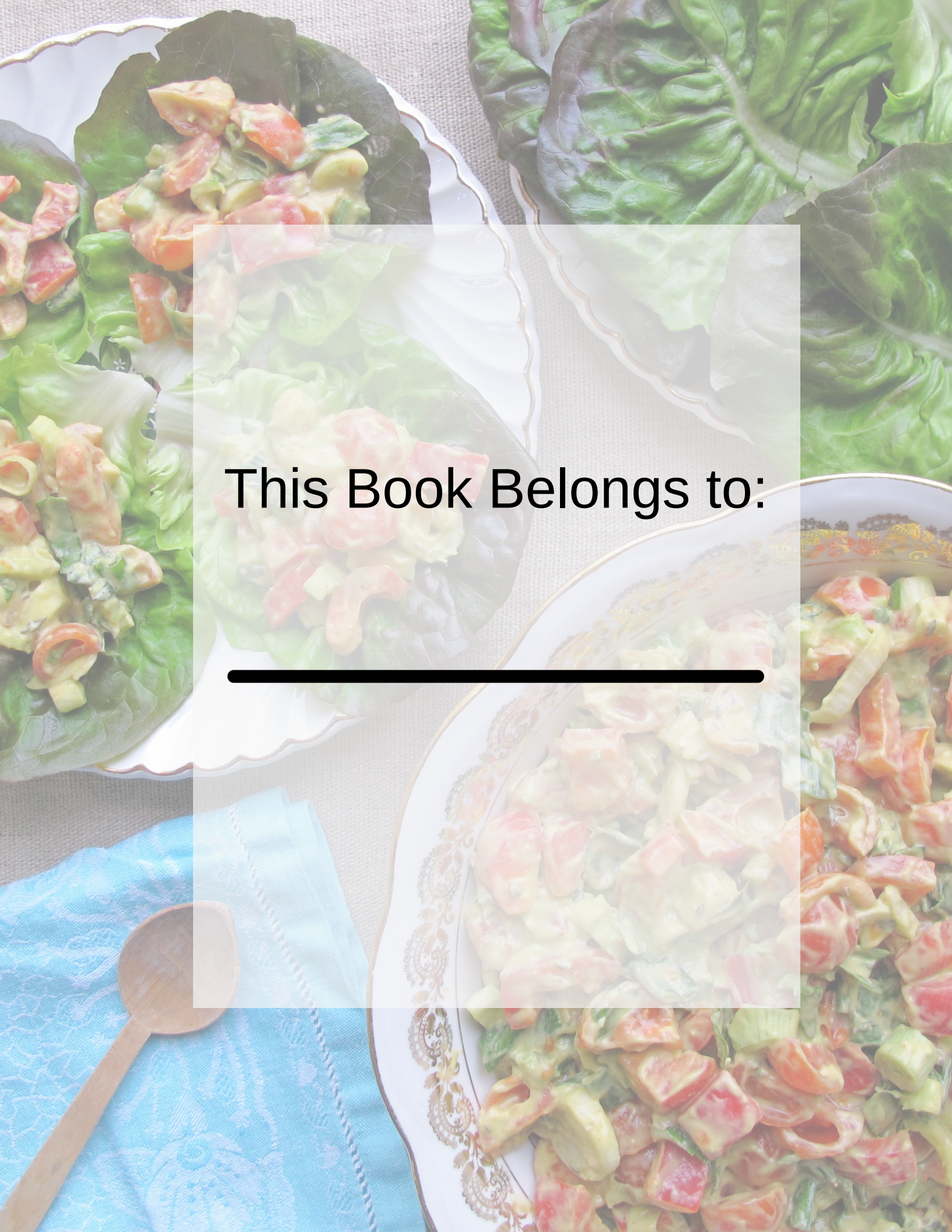
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The background of the image is a collage of food-related photos. In the top left, there's a close-up of lettuce leaves topped with a salad of diced tomatoes and avocado. To the right, another close-up shows more lettuce. The bottom right features a large bowl filled with a chunky salad of tomatoes, avocado, and green beans. In the bottom left corner, a wooden spoon rests on a blue patterned cloth. A semi-transparent white rectangle is centered over the image, containing the text and a horizontal line.

This Book Belongs to:

Introduction

Living in today's society, there are many distractions that contribute to poor menu choices. The hustle and bustle of progress is pushing us to unhealthy habits that can lead to more than just weight gain and physical discomfort. Taking control of your menu choices allows you to start the process of reversing any issues that may currently challenge you, those effected primarily by what your eating.

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What is Menu Planning?

Menu planning is the process to make the list of food items going to serve in any type of meal. These are categorized based on the times of the day they will be eaten. Those most common are Breakfast, Lunch, Dinner and Snacks. Knowing when to eat is still debatable. But knowing what to it is even more important.

WHAT IS THE MOST IMPORTANT MEAL OF THE DAY?

When you eat the most nutrition and what you eat can affect the flow of your day. Choose wisely and add more vitality to your day

Menu Planning Routine



Starting a simple menu plan will support you in not only creating healthy eating habits but also establishes patterns for making better choices in what you choose to eat. If you have already established a routine for when you eat your meals, that is a great start. Now take some time and create menu options that allow you to add more of what you need to eat over what you want to eat.



HOW TO CREATE A PLANT BASED SHOPPING LIST

Plant Based Food Categories:

As someone who lives in a city that doesn't cater to a vegan lifestyle I understand that you aren't always (or ever!) going to have all of these plant based ingredients at home. Instead, I've broken up the foods by categories to assist you on your search for what is available in your particular area.

If you have two items from each category, you can throw together a complete balanced cruelty free meal. Ideally, your meals should include one ingredient from each category. This way, you ensure you are getting all of the necessary nutrients your body needs. The category method also makes finding substitutions for plant based recipes easy. For example, if you don't have Chickpeas for your Hummus recipe, you could substitute another protein like Mung Beans in its place.

HOW EFFECTIVE IS A SHOPPING LIST TO YOU?

Write down a shopping list that includes healthy food choices you want in your menu plan.

NOTES:

A lot of potential vegans or crurlty free eaters make the mistake of stocking up on grains and carbs but forgetting the other categories. Then end up just eating pasta everyday and eventually develop nutrient deficiencies that leave them feeling ill (plus uninterested in creating healthy plant based food). Don't forget your greens as these are really important for iron and calcium!

WHAT STAPLES SHOULD YOU INCLUDE ON YOUR SHOPPING LIST?

Plant Based Staples

You will always need to have certain plant based staples on hand. Some of these are staples for any pantry, like Amaranth flour and Avocado Oil. Some are specifically plant based, like plant milks and healthy nut butter. If you like to bake, then you will want to have staples on hand like flax meal (acts as an egg substitute in baked goods). You'll notice that the list of spices and herbs includes an array of ingredients to add Natural Flavors to your plant based dishes, don't be afraid to try a unique combination of them to create a taste your palette will enjoy. Obviously, the list doesn't include everything that all cruelty free eaters would consider a staple. But it is a good starting point. If you've got these in your pantry, then you can make just about any basic plant based recipe with just the addition of one or two ingredients. They are not all needed but essentially necessary to create plant based recipes for your health and wellness lifestyle.



WHAT ARE SOME STAPLE PLANT BASED ITEMS YOU CURRENT USE?

list Several items that you currently use that are staples in your menu planning options now.

☐☐☐☐☐☐

What staple items are you lookingto add as staples in your menu planning routine?

NOTES:

Just Buy A few Ingredients from Each Category(To Start)!That's really all you need to make a complete vegan meal, and you'll be able to easily make substitutions in recipes!

WHAT STAPLES WILL YOU NEED IN YOUR KITCHEN?

Write a list of staples you want to include in your menu options for each category below.

☐

BREAKFAST STAPLES

☐

LUNCH STAPLES

☐

DINNER STAPLES

☐

SNACK STAPLES

How will these staple items allow you to create healthy menu options for you and/or your family?

THE ALKALINE EATING LIFESTYLE

I stumbled unto the information below from Dr. Sebi, a world renowned herbalist who before his passing had been practicing since the 1990's. Dr Sebi proclaimed to cure diseases by alkalizing the body with an alkaline foods consisting of only vegetables, fruits, nuts, alkaline grains, and legumes, which would also remove mucus from the body. Along with alkaline foods, he also used natural alkaline herbs to clean the body's cells in the cellular, and intra-cellular level to remove disease from the body. I have compiled this guide in an effort to assist you in doing the same.

The alkaline eating lifestyle is based on the premise that disease can only exist in an acidic environment. Dr. Sebi's approach to disease is that it "finds it inception when and where the mucous membrane has been compromised. For example, if there is excess mucous in the bronchial tubes, the disease is Bronchitis; if it is in the lungs, the disease is Pneumonia; in the pancreatic duct, it is Diabetes; in the joints Arthritis." (Note: I am not a doctor. I am a Certified Holistic Life Coach ad Certified Lifestyle & Weight Management Specialist . It was during my own journey of wellness that this knowledge was revealed to me. I can only tell you what is working for me as well as others that I have supported to find their own path to wellness. This Alkaline Way of Nourishing the body is working for me!)

*****Drinking plenty of water a day is essential to making this alkaline diet work. A gallon of water is what I suggest as your daily allowance of liquid intake, because water is essential to a healthy functioning body, and because many of herbs used are diuretics and increase urination to remove toxins from the body. Water is needed to remove waste from the body, it cushions the joints and organs, and assists in the absorption of nutrients. The adult body on average is made up of 75% water, so water is needed to maintain healthy body functioning. (I drink Distilled water and alternate with Spring water for regular consumption now as it is readily available and a source I can count on at this moment.)

*****Microwaving food is not recommended because microwaving damages the nutrients in food. Both the fruits and vegetables that are eaten on this plan and the amount of water that you will consume promote faster digestion. This can help you release toxins and excess weight quicker as the body is not holding on to what it does not need. By drinking at least 8-10 glasses of water a day (at least 1 Gallon), the body will begin to realize that it does not need to store water as it is getting all the water it needs on a regular basis.

Following an Alkaline plant-based eating routine has removed excess mucus from my body, caused me to lose my excess weight (94 pounds to date), cleared my skin, improved my sleep patterns, increased my energy, Made me more pleasant to be around , Reduced and almost eliminated my hormonal dis-ease and I have been able to keep most Dis-ease away from my Body since I adopted this lifestyle. This Alkaline Food plan can be of particular benefit to you if you are suffering from constipation, as this eating regimen promotes regular bowel movements (necessary for good overall health). This helps rid the body of waste products and toxins that can make you feel sluggish and unhealthy.

HOW CAN YOU BENEFIT FROM AN ALKALINE WAY OF EAT?

Select all of the options below that can help you make changes on the road to wellness by eating the alkaline way.

☐

REMOVE MUCUS

Mucus is the number 1 cause of Dis-ease in the body. Keeping it out can improve your overall health

☐

LOSE WASTE (WEIGHT)

An accumulation of waste in the body can add on weight to your total body mass.

☐

IMPROVE MOOD

A build up of toxins in the body can lead to changes in how you are feeling at any given time.

☐

IMPROVE SLEEP HABITS

Your sleep routine can be affected when your body is not acting up to par.

☐

CLEAR YOUR SKIN

your skins appearance is a sign of how things are going on the inside of your body.

☐

REMOVE DIS-EASE

When the body is operating in primal form there is little or no room for dis-ease to be present.

☐

ADD YOUR OWN

☐

ADD YOUR OWN

FOLLOW THE PATH OF LEAST RESISTANCE

Now that you know all that goes into creating a plant based menu plan, recap below to show how much you know.

1

WHAT IS A MENU PLAN?

Menu planning is the process to make the list of food items going to serve in any type of meal.

2

WHY ARE STAPLES NECESSARY?

They are not all needed but essentially necessary to create plant based recipes for your health and wellness lifestyle.

3

WHAT ARE CATEGORIES OF MEALS YOU WILL MAKE?

Those most common are Breakfast, Lunch, Dinner and Snacks.

4

HOW CAN ALKALINE FOODS IMPROVE YOUR MENU?

Alkaline Foods add the vibrant colors of Nature to your meals and also alkalize the body which would also remove mucus from the body.

5

WHY IS A MENU PLANNING ROUTINE IMPORTANT?

Starting a simple menu plan will support you in not only creating healthy eating habits but also establishes patterns for making better choices in what you choose to eat.

6

HOW CAN A SHOPPING LIST HELP IN MENU PLANNING?

A Shopping list will help you keep your needed staples in your pantry, allowing you to make just about any basic plant based recipe with just the addition of one or two ingredients.

7

WHAT CAN ALKALINE EATING DO FOR YOUR BODY?

Following an Alkaline plant-based eating routine has removed excess mucus from the body to maintain overall health and well-being.

WHAT GOALS CAN YOU SET FOR YOURSELF?

Write down a few realistic goals that you can set for creating a menu plan you will use each day?

A LITTLE GOES A LONG WAY, SET GOALS AND STRATEGIES FOR YOURSELF THAT YOU KNOW YOU WILL KEEP.

Goal

Strategies

Goal

Strategies

Goal

Strategies

Goal

Strategies

Alkaline Food Shopping List

Vegetables

Amaranth greens
– same as Callaloo, a variety of
Spinach
Avocado
Bell Peppers
Chayote (Mexican
Squash)
Cucumber
Dandelion greens
Garbanzo beans
(chick peas)
Mung Beans
Green Banana -
Izote – cactus
flower/ cactus leaf- grows naturally in
California
Kale
Lettuce (all,
except Iceberg)
Mushrooms (all,
except Shitake)
Nopales – Mexican
Cactus
Olives (and
olive oil)
Onions
Purslane
(Verdolaga) -
Poke salad
-greens
Sea Vegetables
(wakame/dulse/arame/hijiki/nori)
Squash
Tomato – cherry
and plum only
Tomatillo
Turnip greens
Watercress –
Zucchini

Oils

(Minimize the use of oils.)
Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

Herbs/Spices – Seasonings

Achiote
Basil
Bay
leaf
Cayenne
– African Bird Pepper
Cilantro
Coriander
Dill
Habanero
Onion
Powder
Oregano
Parsley
Powdered
Granulated Seaweed
(Kelp/Dulse/Nori – has “sea
taste”)
Pure
Sea Salt
Sage
Savory
Sweet
Basil
Sweet
Basil
Tarragon
Thyme

Fruits

(No canned fruits or
Seedless fruits)
Apples
Bananas – the
smallest one or the Burro/mid-size (original
banana)
Berries – all
varieties- Elderberries in any form – no
cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes -seeded
Limes (key limes
preferred with seeds)
Mango
Melons -seeded
Orange (Seville
or sour preferred, difficult to find)
Sugars
100%
Pure Agave Syrup – (from cactus)
Date
“Sugar – (from dried dates)
Alkaline

Grains

Amaranth
Fonio –
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

Alkaline Food Shopping List (cont'd)

All

Natural Herbal Teas

Allspice
Anise
Burdock
Chamomile
Fennel
Ginger
Red Raspberry
Sea Moss Tea
Tila
Papayas
Peaches
Pears
Plums
Prickly Pear
(Cactus Fruit) –
Prunes
Raisins -seeded
Soft Jelly
Coconuts (and coconut oil)
Soursops –
(Latin or West Indian markets)
Tamarind (Fresh or Unsweetened
Paste)

Nuts & Seeds

(Includes nut & seed butters)

Brazil Nuts
Hemp Seed
Chia Seed- in Moderation
Hazelnuts
Pine Nuts
Raw Sesame Seeds
Raw Sesame “Tahini” Butter
Walnuts

Organ Cleansing Herbs

Along with
following the above Alkaline Foods, I also took the following
herbs to clean
and revitalize my organs at the start of my Alkaline Food
Journey.
Burdock
Root – blood and liver cleanser, diuretic,
Bladder-wrack(seaweed)
– vitamin and mineral supplement, diuretic
Dandelion–
blood and liver cleanser, diuretic
Irish
Moss (seaweed) – vitamin and mineral supplement
(These
are some herbs I added because I found value in them.)
Curcumin-
antioxidant,
supports brain, cardiovascular, and joint health
Oil of Oregano-Antiviral
Tulsi- Anti-everything
Neem leaf Powder

MENU

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast								
Lunch								
Dinner								
Snack								

Use the table above to create a sample of what your menu plan would look like. You can print out this page and use it for your menu planning needs also.

ARE YOU READY?

Now that you have taken the steps to create a menu plan that will help you in eating more healthy, nourishing food, are you ready for what comes next?

Menu planning is just one piece of the puzzle in sustaining the change of a healthier eating lifestyle. Creating meals that inspire you to eat that vibrant colors of Nature and stay consistent and diligent to the process will make this adventure unfold seamlessly. Schedule a Meal planning session with me today to continue of this Beautiful new journey you are taking. Click the Link below.

COUNT ME IN



ABOUT THE AUTHOR

Lisa Marie Jean-Pierre is a Holistic Life Coach, Wellness Concierge and Entrepreneur. Through her lifestyle services at Lisa M Jean-Pierre, LLC, she provides support for those in pursuit of true wholeness and healing. Since the Early 1990s, Lisa has been passionate about health and wellness for women. She has supported many of her clients in leading happy healthy, balanced lives. By focusing her services on the many layers that set the tone for living life as a woman today, Lisa continues to build her Brand. She utilizes the insights and skills she's gained to create her own business philosophy. This philosophy is structured around the ideals of patience; humility; compassion; strength, courage and inner wisdom. It also helps her provide practical options for all who cross her path. She is Certified in the areas of Holistic Life Coaching and Lifestyle and Weight Management. She has also gained insight as a Sacred Woman Initiate, A Yoga Basu and continues to expand the body of knowledge within and around her.

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