

JADE BRADLEY
BANT REGISTERED NUTRITIONIST®



MINI MEAL BUILDER BIBLE

JADE
BRADLEY



My Story

Hi, my name is Jade Bradley.
I am so excited to share some of my favourite recipes
with you.

Nutrition and food is a passion of mine. I have always
loved cooking since I was young. But it wasn't until I
was in my twenties that I experienced the power of
food as medicine. I had been struggling with burnout
physically and mentally for as long as I could
remember.

My Story

I started on a journey of self development and discovery. Part of that included finding out that some of the foods that I was consuming were not supporting my health at that particular time. Having this information allowed me to make the right changes for me and my health at that time. It was a game changer for my burnout! Along with making lifestyle and mindset habit shifts I started sleeping all night, waking with more energy, my anxiety levels were under control, gut symptoms were in remission and I looked better!

This is when I realised my true passion to educate other women on the powerful effect food has on our health and wellbeing. I moved to London to study Nutritional Therapy for 3 years and graduated in 2018. The rest is history!

I hope you enjoy this Mini Meal Builder Recipe Bible with some of my favourite recipes.

Best Wishes,

A handwritten signature in a cursive script, reading 'Jade'. The signature is written in a dark grey or black ink, with a long horizontal flourish extending from the bottom of the 'e'.



How It Works

The concept of the Meal Builder is that you have got components of your main meal pre-prepared, which you can combine in any way that works for you. Inviting variety into your daily dishes and saving time and energy!

I have split the sections into breakfast, carbs, protein, sauces, slow cooker, savoury dishes, snacks, sweet dishes and tasty drinks.

There is taster of what you get with the full meal builder recipe bible!

3 Things...

Energy Reset

Key Focus & Objectives

1. Habit Optimisation- Recognising that when you introduce a new healthy habit it is totally normal to tweak it to fit your own requirements. This also includes introducing habits in stages. Like Breakfast for example- starting off with eating something small and working towards having breakfast in the first hour of waking.
2. Using Your Time In A More Efficient And Smarter Way- Appreciating the benefits of using a meal builder approach to have nutritious and delicious meals pre-prepared which saves time, effort and energy on a daily basis.
3. The Importance of Reviewing Your Progress- touching base with what is working and what is not for you. Taking a moment to reflect on what you have implemented and what will realistically fit into your everyday life and what won't.

3 Things...

Energy Reset

Meal Builder Introduction

Meal building is a firm favourite of mine for optimising time and also having a nutritious and tasty meal option everyday.

It allows you to have variety and flexibility with meals rather than having the same meal on repeat throughout the week.

Now don't get me wrong, if batch cooking meals works well for you and you are happy to do that then I am not opposed.

However the meal builder approach is aimed at pre-prepping the building blocks of your main meals so that you can put them together in different ways to create many different meal combinations.

I want to introduce you to the basics of the meal builder approach and to get you set up to experiment with this process. Don't worry if this seems overwhelming this is just the beginning, you are best doing it in stages.

Meal Builder Prep

Checklists provided for pre-prep prep	Recipe suggestions included in your meal builder bible recipe book	Deciding on your shopping days and prep days
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This is a brief overview of the steps to take to set yourself up for a meal builder approach.

We are going to make this really simple this week. Starting off with-

2 x Breakfast Options

2 x protein sources

2 x carb sources

2 x veggie options

2 x sauce options

This will give you a great insight into the meal building process and if it is going to work for you.

Remember this is just a small insight into the complete meal builder approach!

The Full Meal Builder Recipe Bible has loads of recipes!
And there is also another resource with lot's of helpful info and tips to make your meal building experience simple and effective!

3 Things...

Energy Reset

Examples of Meal Builder Goals

- | | |
|--|---|
| <input type="checkbox"/> Eat Breakfast | <input type="checkbox"/> Prep Breakfast |
| <input type="checkbox"/> Complete Pre-Prep Prep | <input type="checkbox"/> Have Lunch Prepped |
| <input type="checkbox"/> Complete Pre-Prep Shop | <input type="checkbox"/> Do a Dinner Meal Builder |
| <input type="checkbox"/> Increase Veggie Intake by experimenting with new recipes | <input type="checkbox"/> Try New Recipes |
| <input type="checkbox"/> Swap out processed Sugary Snacks for meal builder options | <input type="checkbox"/> Use the Slow Cooker for 2 Meals a week |

3 Things...

Energy Reset

When Things Get Tough
Remember

PROGRESS NOT
PERFECTION



THE PLAN FOR PREPPING FOR PREP

The thing with prep is that realistically you can't just say I'm going to meal prep and then do it.

And I bet this has happened to you LOADS in the past, you go all guns blazing I am prepping.

Head to the supermarket with NO LIST (what in under god is wrong with you...lol jokes been there done that!)

Stress your little head out getting what you think you need. Come home realise you forgot half of your ingredients, your absolutely wrecked by the time you put away your shopping and there is no way you are doing the prep or even make yourself dinner for that matter!

The thing is you need to do some prep to set yourself up for success with your prep. Taking into consideration things like...

Have you got containers and storage for prepped food
What type of prep approach are you using
Are you doing online or in person shop
What are you making?

I find setting my clients up for success with these makes the meal building and prep process so much simpler and realistic.

So I have made some handy checklists and resources for you to make it REALLY simple to get going!

3 Things...
Energy Reset

3 Things...

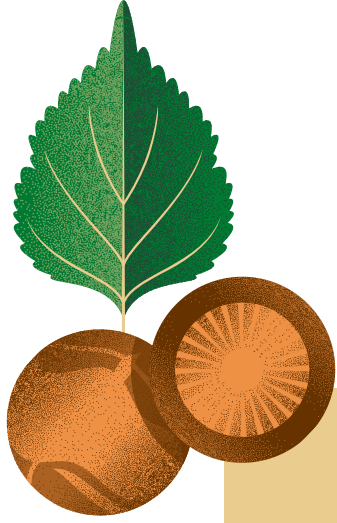
Energy Reset

PRE-PREP PREP

Appropriate Containers		Space		Prep Style	
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<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

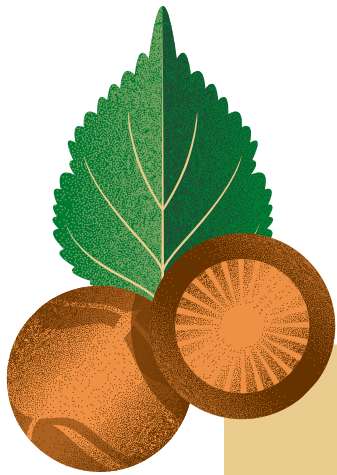
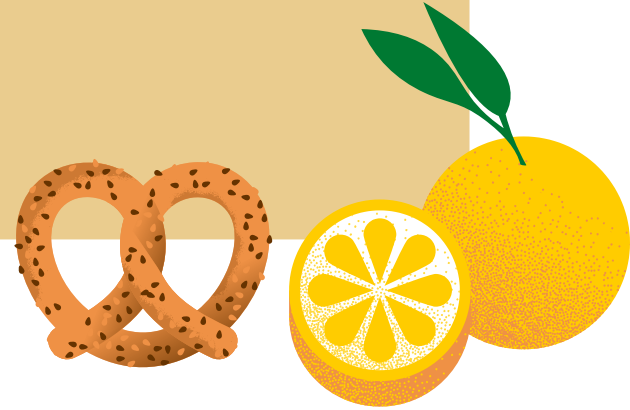
PRE-PREP SHOP

Ticklist	
<input type="checkbox"/>	Inventory of What You Already Have
<input type="checkbox"/>	Choose Meals, Dishes & Snacks for the Week Ahead
<input type="checkbox"/>	Shopping List
<input type="checkbox"/>	Do Your Online Shop or Store Shop
<input type="checkbox"/>	Ready To Do Prep



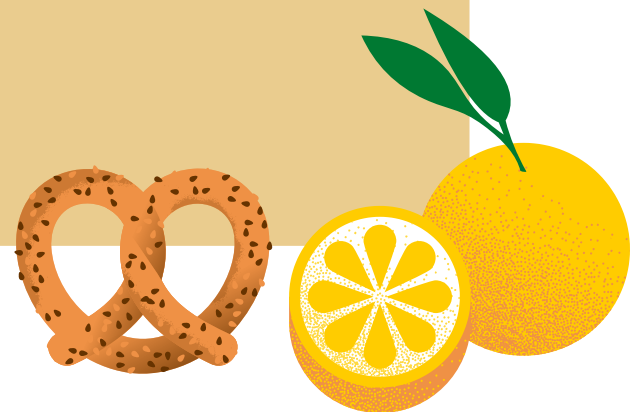
Inventory

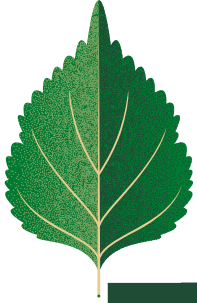
Week:



Food Shopping List

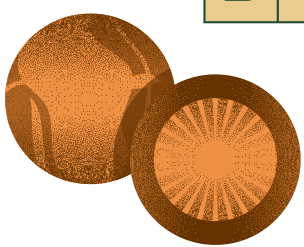
Week:





Recipe For The Week Ahead

Breakfast		Lunch		Dinner	
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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Recipe Card

Name:
Cuisine:

Ingredients:

Steps:

Meal Plan

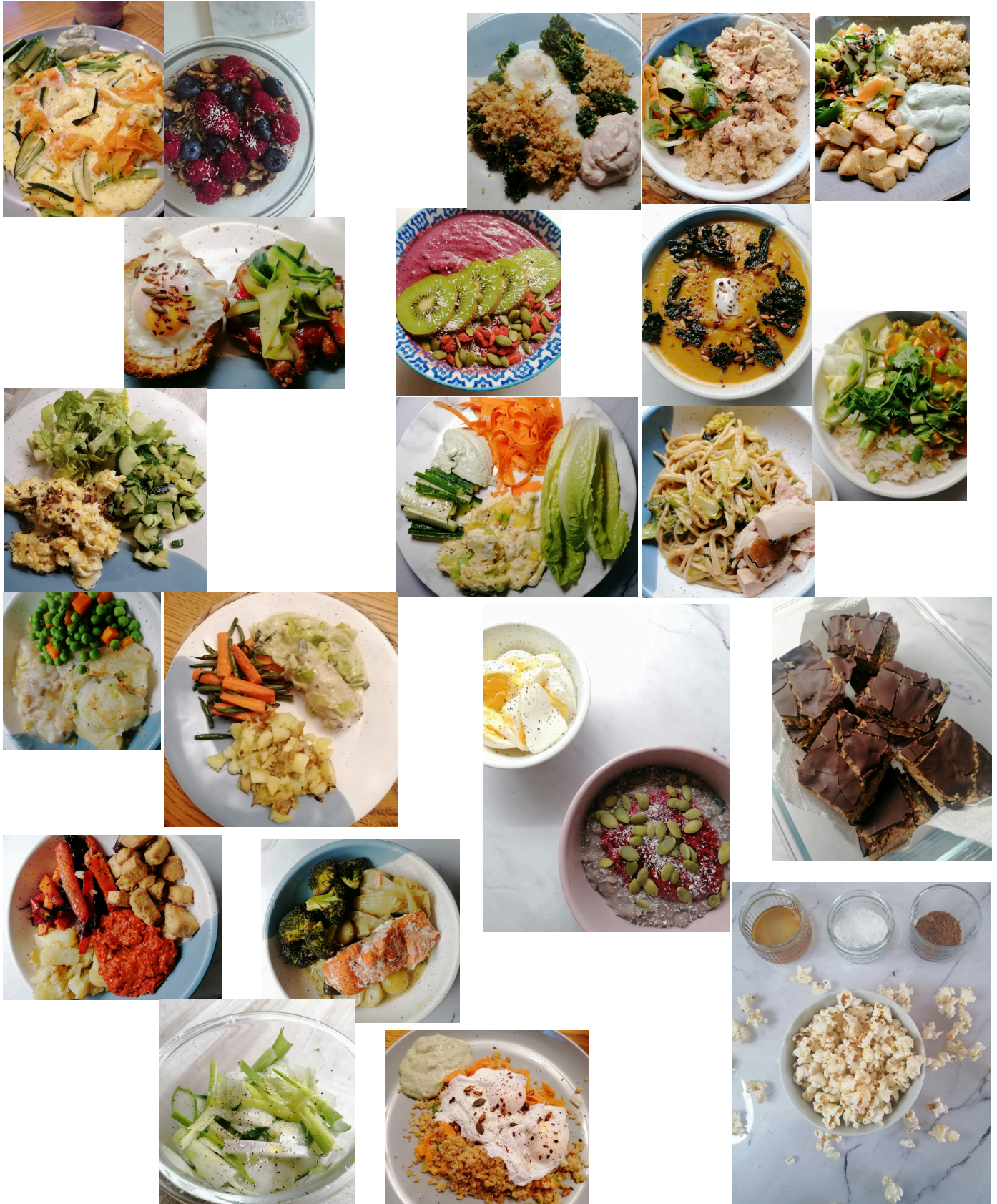
Goal:

Week:



	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							

This Is How Your Meals Could Look.





Breakfast Prep

CHOC ORANGE CHIA SEED PUDDING

Ingredients (1 serving)

2 tbsps. chia seeds
1 tbsp. of oats or gluten free
oats
1 tbsp protein powder
½ tbsp. of cacao powder
1 cup of milk- almond, oat,
coconut or cows milk
Small dash of orange extract
(I use Sainsbury's Valencian
orange extract)
Handful of blueberries
Small handful of nuts- can use,
cashews, walnuts or almonds
Pinch of desiccated coconut (if
desired)

Instructions

Mix the chia seeds, oats,
protein powder and cacao
powder in a dish.

Add the milk and the orange
extract and mix well- ensuring
to get any powder stuck at
the bottom of the dish.

Cover over and place in the
fridge to set. Can be left
overnight, or it normally takes
around 20 minutes to set.

**You can make this in a
larger batch by increasing
the amount of each
ingredient.**

When ready to serve dress
with fruit, nuts and desiccated
coconut





Veggies

ROASTED VEGGIE GUIDE

You can roast pretty much all veggies with really tasty nutritious results. This quick and easy guide will give you an idea of how to roast veggies until your hearts content.



**Veggies that will require
longer to roast (25-
30mins+).**

**Sweet Potato
Parsnips
Butternut Squash
Pumpkin
Brussels Sprouts
Cabbage
Aubergine**

**Veggies that will require
less time to roast (15-
20mins).**

**Carrots
Green Beans
Broccoli
Cauliflower
Peppers
Leeks/Onions
Courgette**

ROASTED VEGGIE GUIDE



Top Tips

Group Similar Veggies together- aim to pair together your veggies with similar cook times. For example you could pair together sweet potato and parsnips or broccoli and cauliflower for example.

Otherwise you can choose to cook veggies in steps- Place your veggies with the highest roasting time in the oven firstly then add in the shorter cook veggies.



ROASTED VEGGIE GUIDE

Step By Step Guide

1 . Cut larger vegetables like potatoes and squash into smaller bite sized pieces that will cook faster. Feel free to chop, slice or chop veggies into wedges.

2 . Add Oil and Seasoning- You want to add oil but not have your veggies swimming in oil. I like to use a baking brush to lightly coat veggies with melted coconut oil or some Extra Virgin Olive Oil.

Seasoning is a must and feel free to be creative here. Experiment with different flavours. Always good to have a good quality sea salt and ground pepper at hand.

3 . Space them out- Don't pile veggies on top of each other in the oven as it will take much longer for them to cook and you might not get the desired texture or flavour you are after.

If you feel like you want to use something to line your oven dish avoid aluminium foil and go for a baking/parchment paper instead.

4 . Keep an eye on your veggies. Check them after 15 minutes and give them a shuffle about to avoid burning

5 . When you think your veggies are nearly ready turn your oven off. The veggies will keep cooking with the heat of the oven and you can save electricity!



Carb Builder

SWEET POTATO TOAST

INGREDIENTS

Sweet potato

Coconut Oil

Salt & Pepper to season

Utensils required-

Flat baking tray

Pastry brush





SWEET POTATO TOAST

INSTRUCTIONS

- 1 . Heat your oven to 180-200 degrees.**
 - 3. Place 1-2 tbsp of coconut oil in a ramekin dish in the oven for 1 minute to turn it into liquid form.**
 - 2. Chop a small slice off your sweet potato and use this to have a flat surface to balance the potato.**
 - 2. Slide your sweet potato longways or width ways depending on the size of toast you want. Aim for slices between 1/4-1/2 an inch thick**
 - 3. Lay your sweet potato pieces flat on an oven dish (you may need a few oven dishes depending on how many sweet potatoes you have used)**
 - 4. Use a baking brush to brush each piece of sweet potato with coconut oil**
 - 5. Lightly season with salt and pepper**
 - 6. Place sweet potato in the oven for 10 minutes then remove, turn each piece around and brush with coconut oil.**
 - 7. Place in the oven for 10-15 minutes or until they have a golden brown colour.**
 - 8. Enjoy your sweet potato toast with a topping of your choice!**
- Top tip- Make extra as part of your meal builder. These keep in the fridge for 5 days when kept in an airtight container.**



Protein Builder

SALT & CHILLI TOFU

INGREDIENTS

1 280G block of firm organic tofu (Tofoo Co is a great opt)
2 tbsp of soy sauce or tamari
1 pinch of dried chilli
1/2 tsp of chinese 5 spice
1 tbsp of coconut oil or garlic oil



Top tip- you can alternate this recipe with different meat options.

INSTRUCTIONS

- 1 . Remove the tofu from the packaging, drain and pat the tofu dry (kitchen paper works well)
- 2 . Combine the soy sauce, dried chilli and chinese 5 spice in a mixing bowl.
- 3 .Slice tofu into 1 cm pieces, the smaller pieces will cook better. Pop the tofu into the soy sauce mix, mix well and leave to marinate (anything from 15 minutes to 2 hours depending on your timings)
- 4 . Heat a heavy based frying pan on a medium-high heat with the oil added.
- 5 .Use a slatted spoon to to remove the tofu from the marinade and place tofu on the pan and cook for around 3 minutes on each side or until golden.
6. When cooked enjoy the tofu right away or keep in an air tight container for 3-5 days

CHIPOTLE HUMMUS

INGREDIENTS (Serves 4)

2 cups of cooked chickpeas
1/2 cup of tahini
1/4 cup of garlic oil
2 tsp olive oil
2 tsp chipotle chilli flakes
2 x Large pinch of salt
Juice of half a lemon
1/2 cup of water

INSTRUCTIONS

Blend all the ingredients except for the water. Once all ingredients blended add the water and blend again until smooth. Spoon and serve with crudites or gluten free crackers. Voila! Try this with the spring onion flatbread recipe- Delicious!





Sauces & Dressings (Healthy Fats)

SLOW COOKER TOMATO SAUCE

INGREDIENTS (Serves 4).

3 x 400g tins chopped tomatoes
1 tsp of rapeseed or coconut oil
1 onion (red or brown), roughly chopped
5 cloves garlic, minced
2 tbsp tomato paste
1/2 Courgette chopped
8 Mushrooms
1 tsp dried thyme
Few sprigs fresh basil, chopped
Salt
Black pepper



INSTRUCTIONS

1 . Add oil to a pan and once hot add the onion and garlic and cook until soft.
2 . Add all the ingredients to the slow cooker, and mix to combine. Cook on high for 5-7 hours
3 . You can either leave the sauce chunky, or blend it with a hand blender until it reaches your desired consistency. If you'd like a thicker sauce, continue to cook on high with the lid off for another hour or two.

Enjoy your tomato sauce in a pasta, as a pizza sauce, in a mexican chilli or any other ideas you may have!



Slow Cooker Meals

CHICKEN SOUP FOR THE SOUL

INGREDIENTS (Serves 4)

4 Chicken legs and thighs on the bone
1 cup of soup lentil mix
1 leek finely chopped
1 vegetable stock cube in 6 cups of boiling water
4 carrots chopped to your preference- chunky or finely
2 sticks of celery- chopped to your preference- chunky or finely
1 handful of fresh parsley
2 garlic cloves (chopped finely or minced)
Large pinch of dried mixed herbs
1 tbsp of extra virgin olive oil
Pinch of asafoetida
Salt & pepper to season
Optional- 1 tbsp of cornflour



INSTRUCTIONS

1. Soak your lentils overnight in water with a pinch of asafoetida spice- this helps to draw out the plant chemicals that cause bloating.
2. Drain off the lentils and rinse well making sure to wash through any foam or bubbles that present.
3. Put your olive oil in a hot pan and add your sliced leeks and garlic cloves. Cook these until softened. Then turn off the pan.
4. Now you can place all of the ingredients (including your lentils and cooked leeks and garlic) in the slow cooker and put on medium/high setting for 6 hours.
5. Make sure your chicken is cooked through before turning off your slow cooker.
6. Optional to mix your cornflour with a dash of cold water (mix well) then add to your soup mix to thicken it up to your desired consistency.
7. Season with salt and pepper.



Savoury Dishes

THAI ROOT VEGGIE SOUP

INGREDIENTS

1 tbsp oil (rapeseed or olive oil)
1 medium onion, peeled and chopped
2 cloves garlic, peeled and finely chopped
1 thumb sized piece of fresh ginger, peeled and chopped
1.5kg washed and chopped root vegetables such as carrots, turnips, swedes, potatoes - sweet potatoes, pumpkin, peppers and butternut squash work well too. Make sure the chunks are roughly the same size.
1ltr vegetable stock (using stock pots or cubes is fine)
1 tin coconut milk
½ tsp chilli flakes (or 1 tablespoon of Thai curry paste)
1 fresh green chilli, finely chopped (optional)
Salt and freshly ground pepper
Freshly chopped herbs and spring onions to garnish



INSTRUCTIONS

- 1 . Add a glug of oil to a large pot over low heat and add the onions. Sweat gently until they go translucent and add the chopped garlic, ginger and chilli flakes.
- 2 .Cook gently for another minute or so and add all the root vegetables. Add the stock and coconut milk and add more water to cover the vegetables if necessary.
- 3 . Turn up the heat to medium, cover the pot. Simmer for about 40 minutes or until the veg is tender. Do not let the soup boil rapidly.
- 4 . Let cool a little and then blitz until smooth with a hand blender. If you don't have a blender or want a more rustic texture, drain the liquid from the soup into another pan, mash the vegetables and then put it all back together again.
- 5 . Serve in bowls topped with a sprinkle of finely chopped fresh herbs and spring onions.

P.S. This would work well with chicken legs & thighs on the bone.



Snacks

GOOEY ALMOND BUTTER DATES

INGREDIENTS (1 Serving)

2 medjool dates
2 tsp. almond butter

***The amount of ingredients advised is indicative of one portion size. More can be made depending on the amount of persons to be served.**



INSTRUCTIONS

1 . Slice the medjool date in half down one side
2 .Remove the pip from the date
3 .Put a tsp. of almond butter inside the date and close over (excess may run out)
4 .Place the date on a dish once all dates have been filled place in the freezer for 30 minutes then transfer to the fridge for 1 hour- this will give the dates a firmer texture and stop the almond butter from running.

You can enjoy the dates with the almond butter immediately without chilling. Totally your call.
Serve & enjoy!



Drinks



ELECTROLYTE LEMON & GINGER ICE CUBES

INGREDIENTS

3 Lemons (organic if possible)
1 1/2 tbsp of fresh ginger (chopped or grated)
1/3 cup of filtered water

EQUIPMENT NEEDED

Silicon ice-cube tray
Blender

INSTRUCTIONS

1 . Place lemons, ginger and several tablespoons water in food processor or blender.
2 . Begin pulsing, adding more water as needed, until lemon is finely blended and smooth.
3 . Transfer mixture to silicone ice cube tray and place in freezer until set.
4 . When ready, boil the kettle and pour into a mug. Drop in an immune boosting ice cube and stir until melted. Drink and enjoy!





Meal Builder Recipe Bible

For information about Restore Nutrition and Jade Bradley DipCNM
mBant rCNHC, who developed this recipe book, visit
www.restorenutrition.co.uk

For enquiries please email us at info@restorenutrition.co.uk

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