



Sneak Peek
Festive Survival Guide



jlw nutrition

Salmon Fillet With Crunchy Herb Topping



35 Minutes



Dinner



4 servings

Ingredients

- 1 lemon
- 1 clove garlic, minced
- $\frac{1}{3}$ cup (20g) parsley, chopped
- $\frac{1}{4}$ cup (25g) panko breadcrumbs
- 1 medium egg, whites only
- 1.4 lbs. (650g) salmon fillet
- salt and pepper



Directions

1. Preheat the oven to 400°F (200°C). Half the lemon. Grate the peel off one half of the lemon and slice the other half. In a bowl, mix the garlic, lemon zest, and chopped parsley. Add the panko breadcrumbs and season with salt and pepper.
2. Whisk the egg white and mix in with the breadcrumb mixture. Place the salmon on a lined baking tray and season with salt and pepper. Top the salmon with the breadcrumb mixture.
3. Bake the salmon in the middle of the oven, for 15 minutes, until cooked through. Remove from the oven, place on a serving dish and serve immediately with lemon slices.

Nutrition

279 kcal
12g Fats
6g Carbs
35g Protein



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Spicy Roasted Carrots with Tahini Sauce



50 Minutes



Dinner



4 servings



Ingredients

- 1.3 lbs. (600g) carrots, peeled
- 2 tsp. harissa paste
- 2 tbsp. olive oil
- ½ lemon, zest and juice
- 1 tbsp. tahini
- 1 tsp. honey
- 4 sprigs mint, leaves only
- salt and pepper

Directions

1. Preheat the oven to 400°F (200°C). Cut the carrots into quarters lengthways, leaving the green tips attached. Place the carrots separately onto a baking tray.
2. Mix the harissa paste with the olive oil and brush over the carrots. Roast the carrots in the oven for about 25 minutes.
3. In the meantime, mix the lemon zest and juice with the tahini and honey to form a dressing. Add enough water to give the mixture the thickness of thin yogurt, starting with 1 tablespoon of water and adding a little more if necessary. Season the dressing to taste with salt and pepper.
4. Once the carrots have roasted, transfer them into a serving dish and drizzle over the sesame and lemon dressing. Cut the mint leaves into thin strips and sprinkle over the carrots. Serve immediately.

Nutrition

149 kcal

9g Fats

17g Carbs

2g Protein



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SNEAK PEEK AT THE 4 - WEEK WORKOUT PLAN



REPEAT THESE WORKOUTS 3-5 TIMES

DAY 1	50 Jumping Jacks 30 Mountain Climbers 50 Squat jumps 30-sec Plank 50 Jumping lunges 10 Burpees	DAY 2	50 Jumping jacks 15 push ups 15 triceps push-up 20 chest dips 15 Burpees 20 Crunches 16 V-ups 30-secs Plank	DAY 3	60 Jumping jacks 35 Frog jumps 30 Walking lunges 30 Mountain Climbers 30-sec wall sit 15 Burpees 30-sec Plank
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Thanks for your interest in this guide!

Full guide includes:

- 10 strategies for keeping healthy at Christmas time, including a December planner & weekly wellness planner!
- 3 recipes you can add into your normal rotation!
- 30 day HIIT workout plan which can be done in the comfort of your own home!

I am a Certified Nutrition Coach who helps busy women 30+ lose 15lbs+ & keep it off while eating foods they enjoy.

[Download the full guide here!](#)



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