

LEARNING FROM MUM

Strong, Well & Rooted

PREVIEW RECIPES, MOVEMENT PAGES
AND GENTLE WELLNESS GUIDANCE

FREE
SAMPLE

Available Now



Sample
recipes



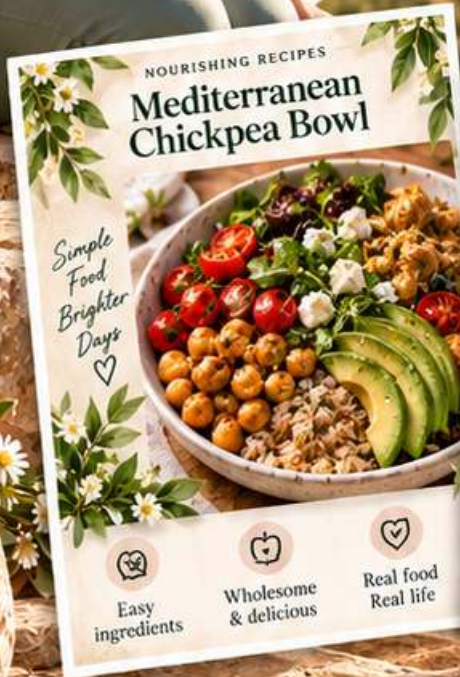
Exercise
visuals



Gentle
routines



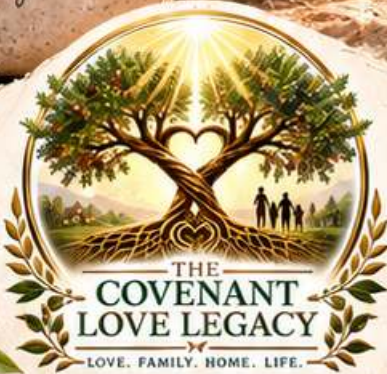
Faith-filled
encouragement



By Batyah Ha Melek

The Covenant Love Legacy
A Pleroma Legacy Group brand

fatheroflightswisdom.com



Rooted Women
Change
Tomorrow

LEARNING FROM MUM

NOURISH
YOUR BODY

MOVE
WITH JOY

HARMONISE
YOUR CYCLE

GROW
IN CONFIDENCE

LIVE A LIFE
YOU LOVE

Strong, Well & Rooted

A Young Woman's Guide to
Nourishment, Movement,
Hormones & Everyday Wellness

*Healthy
Choices
Brighter
Tomorrows*

A
HEALTHY
HAPPIER
STRONGER
YOU



NOURISH
MOVE
BALANCE
HEAL
THRIVE
BE YOU

*Small
Steps
Big
Changes*

*A Stronger
Healthier
Happier Me*

NETTLE
OATSTRAW
RASPBERRY LEAF

By Batyah Ha Melek

THE COVENANT OF LOVE LEGACY

A little taste from Mum

Strong, Well & Rooted is about building everyday wellness with wisdom, not perfection.

- **Nourishment**

Simple meal-building, healthy budget ideas and colourful whole-food recipes.

- **Movement**

Beginner-friendly strength, mobility and visual exercise demonstrations.

- **Body care**

Gentle lymphatic habits, breathing, sleep rhythms and practical self-care.

- **Womanhood**

Cycle awareness, hormones in plain language and learning to listen to your body.

- **Real-life tools**

30-day rhythms, trackers, reflection pages and Mum's practical wisdom.

- **Faith & identity**

Encouragement to care for the body Yahusha created while staying rooted in Abba's guidance.

Small steps. Real food. Stronger, brighter tomorrows.

Eight Simple Foundations

*Stronger
Happier
You* ♥

Clear examples for the movements in this book.

These eight movements build a strong, capable body. Practice them with good form, at a pace that feels right for you. Start with a few repetitions and build slowly over time.



1 Bodyweight Squat

Sit hips back and stand tall.



2 Glute Bridge

Lift hips with control.



3 Wall Push-Up

Press away from the wall.



4 Band or Towel Row

Draw elbows back.



5 Dead Bug

Move slowly with control.



6 Calf Raise

Rise and lower with balance.



7 Supported Lunge

Lower gently and push up.



8 Farmer Carry

Walk tall with steady breathing.



MUM'S WISDOM

Form first. Start light. Consistency matters more than perfection.

Good
Food
Brighter
Days

REAL
FOOD
REAL
LIFE
A HEALTHIER
YOU

Steak & Kumara Chips

A simple, satisfying meal with protein, colour and comfort.

INGREDIENTS

FOR THE KUMARA CHIPS

- 2 large kumara (sweet potatoes)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp sea salt
- 1/2 tsp black pepper

FOR THE STEAK & SALAD

- 2 steaks (e.g. sirloin, ribeye or scotch fillet)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp garlic powder (optional)
- Mixed salad greens
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1 tbsp olive oil (for salad)
- 1 tbsp lemon juice or balsamic vinegar

METHOD

- 1 Preheat your oven to 200°C (400°F) and line a large baking tray with baking paper.
- 2 Cut kumara into chips (wedges or thin fries). Toss with olive oil, garlic powder, paprika, salt and pepper.
- 3 Spread on the tray in a single layer and bake for 25–30 minutes, turning halfway, until golden and crispy.
- 4 Meanwhile, pat steaks dry and season with salt, pepper and garlic powder (if using).
- 5 Heat a skillet or grill pan over medium-high heat with olive oil. Cook steaks for 2–4 minutes per side (depending on thickness) for medium-rare, or to your liking. Rest for 5 minutes, then slice.
- 6 Toss salad greens, tomatoes and cucumber with olive oil and lemon juice or balsamic vinegar. Serve sliced steak with kumara chips and fresh salad.

Mum's Wisdom

"Let the steak rest for a few minutes before slicing. It keeps the juices in and makes it extra tender."

— BATYAH HA MELEK

PREP TIME
10
minutes

COOK TIME
30
minutes

SERVES
2
people

APPROX NUTRITION PER SERVING

480
CALORIES

37 g
PROTEIN

42 g
CARBS

18 g
FAT

6 g
FIBRE

Healthy Choices
Brighter Tomorrows



LEARNING FROM MUM

Green Smoothie

Fresh, simple and energising.

INGREDIENTS

- 1 cup spinach (fresh or packed)
- ½ avocado (ripe)
- 1 banana (fresh or frozen)
- 1 cup unsweetened dairy-free milk (almond, oat, coconut, or your choice)
- 2 tbsp coconut yoghurt (unsweetened)
- 1 tbsp chia or hemp seeds
- squeeze of lemon (optional, for freshness)

METHOD

- 1 Add all ingredients to a blender.
- 2 Blend until smooth and creamy (about 30–60 seconds).
- 3 Taste and adjust thickness with extra milk if needed.
- 4 Serve immediately and enjoy!

TIP: Freeze banana pieces ahead of time for a thicker, creamier smoothie.

Mum's Wisdom

"Small, healthy choices each day can make a big difference. A green smoothie is a simple way to nourish your body and set a positive tone for the day."

— BATYAH HA MELEK



PREP TIME
5 minutes



COOK TIME
0 minutes



SERVES
1–2 people

APPROX NUTRITION PER SERVING

220 CALORIES	6 g PROTEIN	24 g CARBS	12 g FAT	8 g FIBRE
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Real Food
A Happier You

Food
Food
Brighter
Days

REAL
FOOD
REAL
LIFE
A HEALTHIER
YOU

REAL FOOD RECIPES

Colourful Fried Rice Bowl

Brown Rice or Quinoa • Easy • Budget-Friendly • Nourishing

INGREDIENTS

- 2 cups cooked brown rice or quinoa (cold works best)
- 2 tbsp olive oil or avocado oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 tbsp grated ginger
- 2 carrots, diced
- 1 cup peas (fresh or frozen)
- 1 red or yellow capsicum, diced
- 1 cup corn (fresh or frozen)
- 2 cups broccoli florets or mixed greens
- 3 eggs, lightly beaten (optional)
- 300 g cooked chicken, diced or 1 can chickpeas (rinsed) or 200 g firm tofu, cubed
- 3 tbsp tamari or coconut aminos
- 3 spring onions, sliced
- Salt and pepper, to taste
- 1 tbsp sesame seeds (optional)

METHOD

- 1 Heat oil in a large wok or frying pan over medium-high heat.
- 2 Add onion, garlic and ginger. Stir for 1–2 minutes until fragrant.
- 3 Add diced vegetables (carrot, capsicum, corn, broccoli, peas) and cook for 4–5 minutes until tender but still crisp.
- 4 If using eggs, push vegetables to one side and scramble the eggs. Add your chosen protein (chicken, chickpeas or tofu).
- 5 Add the cooked rice or quinoa and tamari. Stir well and cook for 3–5 minutes until everything is heated through.
- 6 Top with spring onions, sesame seeds and a little extra tamari if desired. Season with salt and pepper to taste.

Nourish
Fuel
Thrive

Simple
Meals
Stronger
Families



PREP TIME
10
minutes



COOK TIME
15
minutes



SERVES
4
people

APPROX NUTRITION PER SERVING

380 CALORIES	14 g PROTEIN	58 g CARBS	11 g FAT	6 g FIBRE
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Healthy Choices
Brighter Tomorrows



TIP

Use day-old rice or cooled quinoa for the best texture. It fries up beautifully and doesn't go mushy.

LEARNING FROM MUM

Strong, Well & Rooted

A COMPANION WELLNESS GUIDE
FOR YOUNG WOMEN

Healthy
Choices
Brighter
Tomorrow

COMING
SOON

A STRONGER
BRIGHTER YOU
AWAITS



Nourishing
recipes



Simple
exercise
visuals



Lymphatic
brushing



Deep
breathing



Nervous system
grounding



Real-life
wisdom
from Mum



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WHOLE
WOMEN
BRIGHTER
TOMORROWS

